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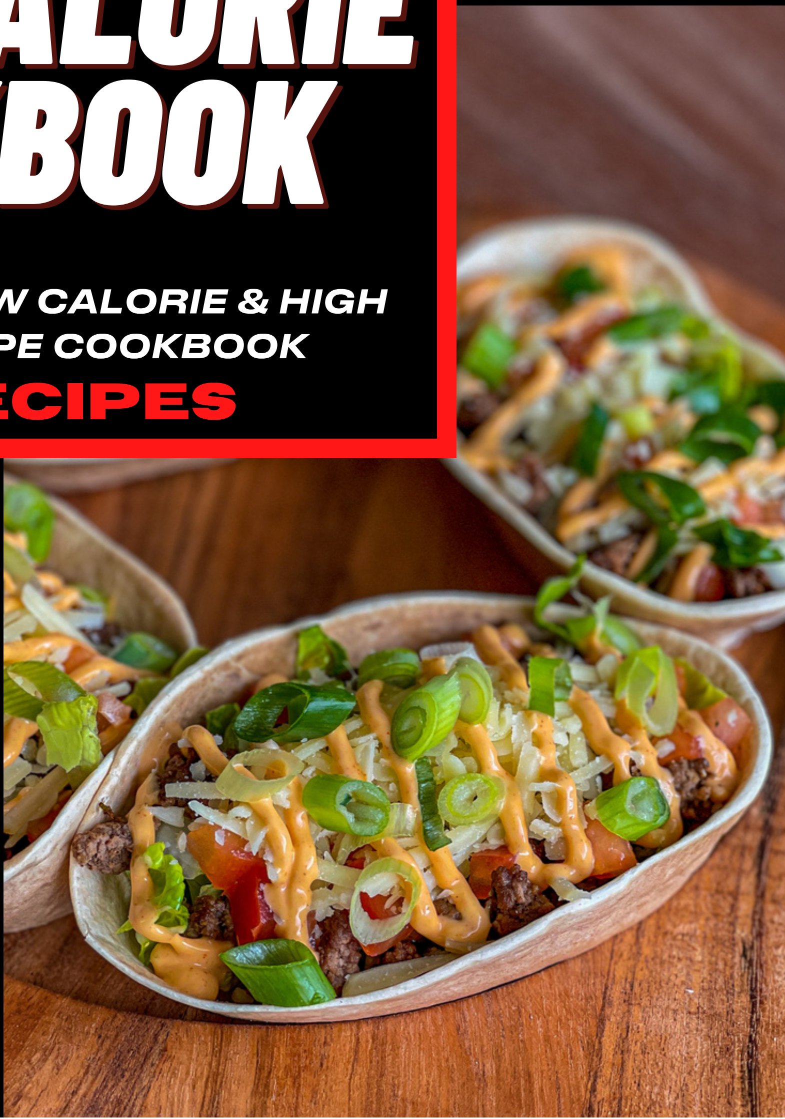
AUSSIE FITNESS

ELITE LOW CALORIE COOKBOOK

THE ULTIMATE LOW CALORIE & HIGH PROTEIN RECIPE COOKBOOK

130+ RECIPES



WELCOME!

FIRSTLY I WOULD LIKE TO SAY THANK YOU FOR PURCHASING MY FIRST EVER EBOOK!
YOUR SUPPORT MEANS THE WORLD TO ME & ALLOWS ME TO CONTINUE HELPING YOU & OTHERS REACH THEIR FITNESS GOALS.

ABOUT ME

MY NAME IS DEZ (AUSSIE FITNESS) & I AM 22 YEARS OLD.
WITHIN THE PAST 3 YEARS I HAVE MANAGED TO LOSE 60 KG!
BUT..
THROUGHOUT MY WEIGHT LOSS JOURNEY I WENT THROUGH MANY UPS & DOWNS..
I TRIED EVERY DIET, ELIMINATING FOOD GROUPS & EVEN AVOIDING MY FAVOURITE FOODS..
EVEN IF I MANAGED TO LOSE WEIGHT I WOULD GAIN IT BACK IN NO TIME..
THE BIGGEST PROBLEM FOR ME WAS FOOD!
THE DAY I DISCOVERED I CAN STILL EAT MY FAVORUITE FOODS BUT CREATE HEALTHIER, LOWER CALORIE VERSIONS USING SPECIFIC INGREDIENTS IS WHEN MY LIFE CHANGED FOR GOOD!

MY GOAL..

MY GOAL IS TO SHOW PEOPLE THAT NO MATTER WHAT YOUR FITNESS GOALS ARE...
YOU DON'T HAVE TO EAT BORING FOODS IN ORDER TO ACHIEVE THE BODY YOU WANT!

ALL THE RECIPES & SNACKS SHOWN IN THIS COOKBOOK HELPED ME TREMENDOUSLY IN ACHIEVING MY FITNESS GOALS.

IMPORTANT NOTES

PLEASE NOTE THAT SOME OF THE RECIPES WILL REQUIRE PROTEIN POWDER.
I WILL LEAVE THE SPECIFIC PROTEIN POWDERS I PERSONALLY USE WITHIN THE CONTENTS LIST & ALSO GIVE YOU A SPECIAL DISCOUNT CODE IF YOU ARE INTERESTED IN PURCHASING.
(IF YOU ALREADY HAVE PROTEIN POWDER YOU CAN USE THAT)

ALL THE OTHER INGREDIENTS USED IN MY RECIPES WILL BE GENERIC & EASY TO FIND IN YOUR LOCAL SUPERMARKET.
ALSO NOTE THAT I AM FROM AUSTRALIA & IF YOU ARE FROM ANOTHER COUNTRY SOME BRANDS MAY BE UNFAMILIAR TO YOU BUT YOU CAN SUBSITUTE IT FOR WHAT IS AVAILABLE WITHIN YOUR COUNTRY.

ALL THE RECIPES ARE CUSTOMISABLE WHEN IT COMES TO CERTAIN INGREDIENTS & TOPPINGS WHICH I HAVE MENTIONED WITHIN THE RECIPE GUIDE.

I'LL MAKE A QUICK EXAMPLE FOR YOU :)
IF A CERTAIN RECIPE USES ''PROTEIN YOGHURT'' WITH A CERTAIN BRAND & FLAVOUR YOU CAN SUBSTITUTE IT FOR OTHER YOGHURT THAT IS A COMPLETELY DIFFERENT BRAND & FLAVOUR.
THE MACROS MAY VARY DEPENDING ON WHAT YOU DECIDE TO SUBSTITUTE FOR CERTAIN INGREDIENTS.

MY GOAL WAS TO MAKE SURE THAT AT LEAST 90% OF THE INGREDIENTS USED ARE LOW IN CALORIES & HIGHER IN PROTEIN.. SO EVEN IF YOU HAVE TO SUBSTITUTE 1 OR 2 INGREDIENTS THE RECIPE WILL STILL BE LOW IN CALORIES/HIGH IN PROTEIN!

IMPORTANT NOTES

LASTLY IF YOU DECIDE TO RECREATE THE RECIPES FROM THIS COOKBOOK I WOULD LOVE TO SEE & HEAR YOUR FEEDBACK!

IF YOU DECIDE TO POST ANY PHOTOS/VIDEOS OF YOUR FINISHED MASTERPIECE AFTER MAKING ONE OF THE RECIPES FROM THIS COOKBOOK ALL I ASK FOR IS THAT YOU SIMPLY TAG MY INSTAGRAM ACCOUNT WITHOUT SHARING ANY INFORMATION WITHIN THE RECIPE ITSELF.

THIS PROTECTS THE HARD WORK I HAVE PUT INTO ALL THE RECIPES & THIS COOKBOOK FOR YOU.

IF AT ANY GIVEN POINT YOU NEED HELP OR HAVE ANY QUESTIONS YOU CAN DM ME ON INSTAGRAM OR EMAIL ME.

INSTAGRAM: @_aussiefitness
EMAIL: realaussiefitness@gmail.com

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SHOPPING LIST

DRY & COLD FOOD

- Coles RSPCA Approved Chicken Tenderloins
- Kellogg's Corn Flakes Breakfast Cereal
- Puregg Free Range Liquid Egg White
- Simson's Pantry Lite Super Grains Wraps
- Mission Wraps Light
- Mission Low Gi Wraps Wholemeal
- Woolworths High Protein Lower Carb Thin Crust Pizza Base
- Buttercup Country Split Wholemeal Bread
- Almond Breeze Unsweetened Almond Milk
- Woolworths Rspca Chicken Breast Fillet
- DON Honey Thinly Sliced Leg Ham
- Coles Beef 5 Star Extra Lean Mince
- Woolworths Lean Beef Mince
- Uncle Tobys Oats Traditional Porridge
- Primo Manuka Honey Leg Ham
- San Remo Pasta Pro
- Spud Lite Prepack Potato
- Old El Paso Stand 'n Stuff Tortilla
- Coles Cocoa Powder
- McKenzie’s Baking Powder
- Queen’s Vanilla Extract
- Woolworths Frozen Blueberries
- Pb2 Powdered Peanut Butter
- Yopro High Protein Vanilla Greek Yoghurt
- Yopro High Protein Strawberry Greek Yoghurt
- Halo Top Oat Milk Chocolate Caramel Pretzel Ice Cream Tub
- Coles Australian Light Shredded Mozzarella
- Coles Frozen Fruit Mixed Berries
- Tip Top English Muffins Original
- Gullon Biscuits Digestive Plain
- Nuttelex Lite Margarine Spread
- Coles Rice Puffs
- La Casa Fresh Mozzarella Cheese
- Philadelphia Cream Cheese Spread Light
- Laughing Cow Cheese Light
- Apple
- Natvia 100% Natural Sweetener
- Natvia Gold Sweetener
- Woolworths Light Sour Cream
- Coles Australian Smokey IWS Slices
- Dole Pineapple Premium Tropical Chunks

DRY & COLD FOOD

- Coles Brioche Hamburger Buns
- Woolworths Traditional Bocconcini
- Arnott's Milk Arrowroot Plain Biscuits
- Sunrice Rice Jasmine
- Bega Cheese So Light Grated
- Real Foods Corn Thins Tasty Cheese
- Real Foods Original Corn Thins
- Natvia Baking Dark Chocolate Block
- Well Naturally Bar Milk
- Well Naturally No Sugar Added White Chocolate
- Woolworths Creamed Cottage Cheese
- Nestle Milo Protein Breakfast Cereal
- Sirena Tuna In Chilli Oil
- NESCAFÉ Gold Original Instant Coffee
- Lotus Biscoff Spread
- Baby Spinach
- Tomato
- Blueberries
- Strawberries
- Capsicum
- Rocket
- Cherry Tomato
- Red Onion
- Garlic Clove
- Mushrooms
- Jalapeño
- Spring Onion
- Shredded Iceberg Lettuce
- Oak Lettuce
- Pickles
- Banana
- Egg
- Lemon
- Cocolife Avocado Oil Spray
- Moro Extra Virgin Olive Oil
- Queen Salted Caramel Flavour Drops
- Dollar Sweets Sprinkles Magic 100s & 1000s
- Coles Bakery High Fibre LOW GI Soft Round Rolls 4pk
- Bega So Light 50% Reduced Fat Cheese Slices 30 Pack
- Woolworths Lemon Juice

SHOPPING LIST

DRY & COLD FOOD

Coles Less Than 2% Fat Chicken Breast Mince
Filla Bakery Large White Lebanese Bread
Prawns
Top Top Burger Thins
Woolworths Panko Bread Crumbs
Vetta Smart Protein Self Raising Flour
Vetta Smart Protein Plain Flour
Yopro High Protein Plain Greek Yoghurt
Coles Minced Garlic
South Cape Reduced Fat Greek Style Fetta
Chilli
Chives
Olive Oil
L&J Raw Prawn Tail Off
Birds Eye Cauliflower Rice
Uncle Ben's Tex-mex Style Brown Rice Quinoa & Beans
Coles Frozen Fruit Mixed Berries
Lime
Icing Powder Classic Monkfruit Sweetener
Green Beans
Sunrise Basmati Quick Rice
Coles Slow Cooked Pulled Chicken
Nestle Baking Cocoa
McKenzie's Bicarbonate Soda Canister
Coles Kitchen Coleslaw
Mission Chilli & Lime Corn Chips
Don Premium Real Diced Bacon 200g
Nutella
Ingham's Turkey Breast Mince 400G
Brioche Gourmet Burger Buns
Coles Milk Choc Covered Peanuts
Woolworths Frozen Pitted Cherries 500g
Mcvitie's Digestives Biscuits Plain Original
Aldi Seedless Brioche Buns
Mission Low Gi + Protein Wraps
Fibre One Birthday Cake Squares
Devondale Extra Light Fat Free Skim Milk
Provedore Mild Chorizo Salami 100g
Honey
Campbells Chicken Broth
Kellogg's Cornflakes Breadcrumbs
Sesame Seeds
Jasmine Rice

DRY & COLD FOOD

Cucumber
Peppercorn Extra Lean Beef Chipolatas
Thomson's Deli Sliced Chicken Quad Pack
Fresh Basil
Woolworths Pine Nuts 80g
Coles Slow Cooked Pulled Chicken
Simsons Pantry Low Carb High Protein + Fibre Large Wrap
Bertolli Extra Light Olive Oil Spray
Coles 70% Lower Carb Wraps White
Old El Paso White Corn Tortillas 10 Pack
Red Cabbage
Coles Tuna Chunks In Springwater
Lotus Biscoff Snack Pack Case
White Wings Cornflour
Zucchini
Woolworths Minced Garlic
Coles Low Fat Creamed Cottage Cheese
Coco Earth Organic Coconut Flour
Jarlsberg Lite Cheese Slices Sliced Cheese
Coles Bakery Super Soft Hot Dog Jumbo Rolls
Vetta High Fibre Spaghetti
Woolworths Light Thickened Cream
Leggo's Basil Pesto
Perfect Italiano Parmesan Block
Kit Kat
Woolworths Light Whipped Cream
Pb2 Peanut Butter With Cocoa
Xanthan Gum
Simsons Pantry Low Carb Garlic & Herb & Protein Wraps
M&M's Minis Chocolate Snack & Share Bag
The Spice Tailor Butter Chicken Paste
Birds Eye Frozen Mixed Vegetables
Coles Kitchen Cauliflower Rice
Primo Short Cut Bacon
Oreo Cookie Original
Carrots
White Onion
Ginger
Keens Curry Powder
Noya Cashew Nut Butter
Woolworths Light Thickened Cream

SHOPPING LIST

DRY & COLD FOOD

Perfect Italiano Parmesan Block 200g
Nuttelex Light Butter
Zafarelli Liscio Piccolo Pasta
Noshu 95% Sugar Free Choc Baking Chips
Whole Earth Monk Fruit Sweetener
Flying Goose Sriracha Mayonnaise
Woolworths Soft White Wraps
Coles Crushed Peanuts
Woolworths Mozzarella Cheese
San Remo Elbows Pasta
Vetta Smart Fibre Instant Lasagne Sheets
Coriander
Coles Beef Stir Fry Strips
Chang's Sesame Oil

DRY & COLD FOOD

Bega Cheese Stringers
Macro Free Range Chicken Thigh Fillet
Basmati Rice
Coles Carisma Washed Potatoes Prepacked
Ardmona Diced Vine Ripened Tomatoes
Woolworths Canned Corn
Woolworths Black Beans
Continental Mexican Rice Family Pack
Vetta SmartProtein Spirals
Chefs Workout Thin Noodles
Grapes
Aeroplane Raspberry Jelly Lite
Obento Rice Wine Vinegar

SHOPPING LIST

SEASONING

Masterfoods Garlic Salt
Woolworths Chilli Flakes
Masterfoods Ground Paprika
Masterfoods Parsley Flakes
Woolworths Cinnamon Ground
Mckenzie's Pepper Black Ground
Saxa Iodised Table Salt Shaker
Masterfoods All Purpose Seasoning
Woolworths Oregano Leaves
Vegeta Vegetable Gourmet Stock Powder
Woolworths Himalayan Pink Fine Table Salt
Masterfoods Mexican Chilli Powder
Masterfoods Rosemary Leaves
Masterfoods Cayenne Pepper
Bronte Blends Smokey BBQ Seasoning
Masterfoods Garlic & Herb Seasoning
MasterFoods Hot Cajun Seasoning
Nando's Peri Peri Medium Rub
Masterfoods Dill Leaf Tips
Bronte Blends Garlic Herb Seasoning
Deliciou Ranch Flavoured Seasoning
Masterfoods Garlic Powder
Masterfoods Seasoning Bbq
Masterfoods Lemon Herb & Garlic Seasoning
Mingle -Whoops We Forgot The Bagel Seasoning
Masterfoods Italian Herb Seasoning
Woolworths
Gourmet Garden Mint Lightly Dried
Vegan Cheese Seasoning Deliciou
Masterfoods Cumin
Masterfoods Turmeric
Keens Ground Mustard
Woolworths Chicken Salt
Woolworths Garam Masala
Woolworths Chipotle Seasoning
Old El Paso Fajita Spice Mix
Woolworths Coriander Powder

SAUCE

Natvia Smooth Choc Chocolate Topping
Sweet Baby Ray's Buffalo Wing Sauce
Sweet Baby Ray's Honey Chipotle Bbq Sauce
Steeves Maples Sugar Free Syrup
Nando's Perinaise Hot Peri-peri Mayonnaise Sauce
Natvia Strawberry Fruit Spread
Leggos Pizza Sauce Garlic, Onion & Herbs Squeeze
Masterfoods Squeezy Hot Chilli Sauce
Coles Special Burger Sauce
Praise 99% Fat Free Mayonnaise
Fountain Soy & Honey Sauce
Woolworths Mild Salsa
Huy Fong Sriracha
Franks Red Hot Sauce
Coles Ranch Dressing
Coles Organic Tomato Passata
Nandos Garlic Peri Peri Sauce
Frenchs Classic Yellow Mustard
Franks Red Hot Buffalo Sauce
Stubb's BBQ Sauce
Kroger Light Soy Sauce
Masterfoods Teriyaki Marinades
Keep It Cleaner Tomato, Garlic & Basil Pasta Sauce
Praise 99% Fat Free Mayonnaise
Franks Red Hot Buffalo Sauce
Coles Gluten Free Worcestershire Sauce
Heinz 50% Less Added Sugar & Salt Tomato Sauce
Woolworths Vinegar White Wine
Callowfit Chocolate Sauce
Nandos Extra Hot Peri Peri Sauce
Ayam Thai Sweet Chilli Sauce Light
Leggo's Alfredo Pasta Sauce
La Costena Mexican Style Chipotle In Adobo Sauce
Hersheys Caramel Sauce
Leggos Tomato Paste Squeeze

You can substitute supermarket items of your choice/different brands if the ones i mentioned above aren't available near you. Due to me only using the ingredients listed above for my recipes, which are my go-to home basics, I can't guarantee how the recipe will come out if you change any of the ingredients dramatically. Substituting small ingredients, toppings & seasonings is fine! Making the recipes vegan or gluten free may work but I haven't tried any other methods than the ones shared in this cookbook.

PROTEIN POWDERS

BRANDS & FLAVOURS

Rule 1 Whey Protein Chocolate Fudge
Rule 1 Whey Protein Vanilla Creme
Muscle Nation Casein Custard Protein White Chocolate
Muscle Nation 100% Whey Isolate Protein Cinnamon Churros
Rule 1 Whey Salted Caramel
Muscle Nation Protein - Cookies & Cream
Macro Mike Vanilla Buttercream Almond Protein

DISCOUNT CODE

Using code "AF" when checking out at EliteSupps.com.au will give you 10% OFF your order!

You can substitute protein powders of your choice/different brands if the ones mentioned above aren't available near you. The calories & macros may vary slightly.

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SAVOURY

LOW CALORIE / HIGH PROTEIN SAVOURY MEALS & SNACKS!

NUTRITIONAL INFORMATION

PER MEAL

(4 MEALS)

CALORIES: 466

CARBS: 60G

FATS: 3.5G

PROTEIN: 46G

45 MIN

LOW CALORIE & HIGH PROTEIN CHICKEN KATSU CURRY

INGREDIENTS

- 100g Chopped Carrots
- 1 Diced White Onion
- 3 Diced Garlic Cloves
- 10g Ginger (fresh or mixed
- 10g Curry Powder (Brand: Keens)
- 1/2 Tbsp Turmeric
- 1 Tbsp Honey
- 1 Tbsp Lime Juice
- 400ml Chicken Broth (or chicken stock)
- 1 Egg White (or regular egg whisked)
- 600g Chicken Breast (butterfly chicken breast into 4 pieces weighing 150g raw each - 600g is the total weight of all pieces)
- 80g Breadcrumbs (Brand:Kellogg's Cornflakes Crumbs)
- Salt & Pepper
- Sesame Seeds (optional topping)
- Cucumber (optional side)
- 560g cooked jasmine rice (140g rice per meal - amount can be customised to suit your liking)

DIRECTIONS

- 1. To a pan on high heat spray light cooking oil spray then add 100g of chopped carrots & 1 diced onion.
- 2. Cook for around 5 minutes or until they get some colour then add 3 diced garlic cloves, 10g of ginger, 10g of curry powder, 1/2 Tbsp of turmeric, 1 Tbsp of honey, 1 Tbsp of lime juice & 400ml of chicken broth.
- 3. Mix everything together & simmer on medium heat for 10 - 15 minutes or until the vegetables start to soften.
- 4. While thats cooking on a place add 1 egg white & on another plate add 80g of breadcrumbs.
- 5. Season each butterflied piece of chicken breast (4 pieces total) with salt & pepper.
- 6. One by one dip each piece of chicken in the egg white then evenly coat it in the breadcrumb mixture.
- 7. Once each piece is coated lightly spray them with light cooking oil spray then air fry at 200 degrees celsius for 14 - 17 minutes OR bake in the oven at 190 degrees celsius for 18 - 22 minutes. (times may vary depending on the air fryer/oven)
- 8. Once the curry is ready transfer everything from the pan into a blender cup & blend for 1 - 2 minutes or until smooth.
- 9. Once the chicken is cooked cut each piece into thin slices, serve on 140g of cooked jasmine rice & equally divide the curry into 4 portions.

NUTRITIONAL INFORMATION

PER MEAL
(6 BURRITOS)
CALORIES: 457
CARBS: 26G
FATS: 15G
PROTEIN: 44G

55 MIN

HIGH PROTEIN CHEESY BEEF BREAKFAST BURRITOS

INGREDIENTS

- 360g Diced Potatoes (60g per burrito - Brand: Carisma Potatoes)
- 1/2 Tbsp Olive Oil
- Smoked Paprika, Salt, Pepper, Garlic & Onion Powder, Parsley Flakes, Chilli Powder, Chives (optional & customisable)
- 600g Extra Lean Beef Mince (100g per burrito)
- 30ml Worcestershire Sauce
- 1/2 Diced Onion
- 6 Eggs (whisked)
- 30g Low Fat Cheese (per burrito - Brand: Bega 50% Less Fat Grated Cheese)
- 20g Sriracha Mayonnaise (per burrito - optional)
- 6 Low Calorie Wraps/Tortillas (Brand: Woolworths Soft White Wraps)

DIRECTIONS

- 1. In a bowl add 360g of diced potatoes, 1/2 Tbsp of olive oil & 1 Tsp of all the seasonings except for the chives.
- 2. Mix everything together & air fry at 200 degrees celsius for 16 - 20 minutes OR bake in the oven at 220 degrees celsius for 20 - 25 minutes.
- 3. Lightly spray a pan on high heat with light cooking oil spray then add 600g of extra lean beef mince, 30ml of Worcestershire sauce & 1 Tsp of the same seasonings above.
- 4. Mix everything together & once the mince starts to brown add 1/2 diced onion, mix again & cook through.
- 5. Lightly spray a pan on low - medium heat with light cooking oil spray then add 6 whisked eggs. Gently mix the eggs every 1 - 2 minutes staying on low - medium heat, this is the method to make the perfect fluffy eggs. (season with salt AFTER they are cooked)
- 6. Once everything is evenly distribute the beef, potatoes & eggs across all 6 tortillas (so that there is 6 equal servings for each burrito)
- 7. Add 30g of low fat cheese onto each burrito.
- 8. Finish it off by drizzling 20g of sriracha mayonnaise on each burrito with a dash of chives on top.
- 9. Roll each burrito tightly, toast on a pan & store in the fridge/freezer.

REHEATING: THAW IN THE FRIDGE OVERNIGHT & EITHER MICROWAVE FOR 1 - 2 MIN ON EACH SIDE/ BAKE IN THE OVEN AT 200 DEGREES CELSIUS FOR 8 - 12 MIN/ AIR FRY AT 190 DEGREES CELSIUS FOR 6 - 8 MIN. TIMES MAY VARY SLIGHTLY DEPENDING ON THE OVEN/AIR FRYER.

NUTRITIONAL INFORMATION

PER MEAL

(4 BURRITOS)

CALORIES: 504

CARBS: 46G

FATS: 7G

PROTEIN: 51G

55 MIN

HIGH PROTEIN BUTTER CHICKEN BURRITOS

INGREDIENTS

- Ingredients (Chicken Marinade)
- 550g Diced Chicken Breast (500g cooked)
- 1 Tsp Each Of Smoked Paprika, Garam Masala, Turmeric, Salt & Pepper
- 3 Garlic Cloves & 15g Ginger
- 100g Low Fat Greek Yoghurt

- Ingredients (Butter Chicken)
- 20g Light Butter (Brand: Nuttelex)
- 1/2 Sliced Onion
- 15g Cashew Nut Butter (or regular cashew nuts)
- 400g Diced/Chopped Tomatoes
- Same Seasonings Above
- 40g Low Fat Greek Yoghurt

- Ingredients (For The Burritos)
- 4 Low Calorie Wraps/Tortillas (Brand: Woolworths Soft White Wraps)
- 280g Cooked White Rice (70g in each burrito)
- Coriander
- Evenly Distribute Butter Chicken Into Each Wrap (weigh total amount and divide by 4)

DIRECTIONS

- 1. In a bowl add 550g of diced chicken breast, season with 1 Tsp each of smoked paprika, garam masala, turmeric, salt & pepper.
- 2. Add 3 diced garlic cloves, 15g of ginger, 100g of low fat greek yoghurt & mix everything together.
- 3. Set that aside & to a pan on high heat add 20g of light butter, 1/2 sliced onion, 15g of cashew nut butter, 400g of diced tomatoes & the same seasonings used above.
- 4. Add 40g of low fat greek yoghurt, mix everything together & cook for 5 minutes.
- 5. Transfer to a blender cup & blend for 1 minute or until smooth.
- 6. Using the same pan lightly spray with light cooking oil & cook the chicken on high heat for 4 - 5 minutes on each side.
- 7. Once the chicken is cooked add the blended curry, mix it all together & simmer on low heat for 3 - 4 minutes.
- 8. Now grab 4 low calorie tortillas, place 70g of cooked white rice on each tortilla followed by equally distributing the butter chicken across each one.
- 9. To finish it off add fresh coriander on each burrito, roll tightly, toast on a pan & enjoy!

To reheat: thaw in fridge overnight, bake At 200 degrees Celsius for 8 - 12 minutes.
Can also be air fried at 190 degrees Celsius for 5 - 8 minutes.

NUTRITIONAL INFORMATION

PER MEAL
(4 MEALS)
CALORIES: 519
CARBS: 56G
FATS: 9G
PROTEIN: 49G

55 MIN

HIGH PROTEIN BUFFALO CHICKEN MAC & CHEESE

INGREDIENTS

- 400g Diced Chicken Breast (raw)
- 2 Tbsp Buffalo Sauce (added to chicken - Brand: Franks)
- Garlic Powder, Onion Powder, Smoked Paprika, Salt & Pepper
- 300g Low Fat Cottage Cheese
- 5 Servings Light Laughing Cow Cheese (or light cream cheese)
- 2g Ground Mustard/ Mustard Powder (Brand: Keens)
- 25g Cheese Seasoning (Brand Delicious - or cheese powder from mac & cheese packets)
- 50g Buffalo Sauce (used for sauce)
- 280g Pasta (Brand: Zafarelli Liscio Piccolo - or pasta of choice)

- Optional Toppings:
- 20g Buffalo Sauce
- 25g greek yoghurt mixed with 1 Tbsp ranch seasoning
- Spring Onions

DIRECTIONS

- 1. In a bowl add 400g of raw diced chicken breast then add 2 Tbsp of buffalo sauce & season with garlic powder, onion powder, smoked paprika, salt, pepper & set aside.
- 2. In a blender cup add 300g of low fat cottage cheese, 5 servings of light laughing cow cheese, 2g of mustard powder, 25g of cheese seasoning, garlic powder, onion powder, 50g of buffalo sauce & blend until smooth/creamy.
- 3. To a pan on high heat spray with light cooking oil spray & cook the chicken for around 8 minutes (4 min each side)
- 4. While the chicken is cooking, cook 280g of pasta per instructions on the packet.
- 5. Once they are both cooked in a large bowl add the pasta (drained), cooked chicken & pour the blended sauce on top.
- 6. Mix the pasta, chicken & sauce until combined.
- 7. Drizzle 20g of buffalo sauce on top with 25g of low calorie ranch & spring onions to garnish. Divide into 4 equal portions & enjoy! (toppings are optional)

NUTRITIONAL INFORMATION

PER MEAL

(4 MEALS)

CALORIES: 472

CARBS: 63G

FATS: 3.5G

PROTEIN: 47G

55 MIN

MEAL PREP CHIPOTLE CHICKEN BURRITO BOWLS

INGREDIENTS

- Ingredients (Chicken)
- 600g Diced Skinless Chicken Breast (raw weight)
- Juice From 1 Lime
- Salt, Onion Powder, Garlic Powder, Cumin, Chilli Powder & Smoked Paprika

- (Sauce)
- 140g Low Fat Greek Yoghurt
- 2 - 4 Tsp Chipotle Sauce (amount is up to you depending on how spicy you want the sauce)

- (Pico De Gallo)
- 2 Diced Tomatoes
- 1 Diced Seedless Jalapeño
- 1 Diced White Onion
- Coriander/Cilantro
- Juice From 2 Limes
- Salt, Pepper & Garlic Powder

- Per Meal Prep Container (4 Total)
- 130g Cooked Mexican Style Rice (or your choice of rice - Brand: Continental Mexican Rice)
- Lettuce
- Pico De Gallo (evenly distribute)
- 50g Corn
- 60g Black Beans
- Chicken (around 130g cooked per container)
- 35g Chipotle Sauce

DIRECTIONS

- 1. In a bowl add 600g of diced chicken breast & season with 1 Tsp of salt, garlic powder, onion powder, cumin, chilli powder & smoked paprika.
- 2. Squeeze the juice from 1/2 a lime & mix everything together.
- 3. To make the chipotle sauce mix together 140g of low fat greek yoghurt with 2 - 4 Tsp of chipotle in adobo sauce (amount of sauce is up to you depending how spicy you want it)
- 4. To make the easy pico de gallo in a seperate bowl mix together 2 diced tomatoes, 1 diced jalapeño, 1 diced onion, coriander, the juice from 2 limes, salt, garlic powder & pepper.
- 5. Spray a pan with light cooking oil & cook the chicken on high heat for 4 minutes on each side.
- 6. Line up 4 meal prep containers & in the first one add 130g of pre cooked Mexican rice, lettuce, equal parts of the Pico De Gallo, 50g of corn, 60g of drained black beans, 130g of the chicken & 35g of the sauce.
- 7. Repeat the process in the other 3 meal prep containers ensuring all ingredients are distributed equally & enjoy!

NUTRITIONAL INFORMATION

PER MEAL

(4 MEALS)

CALORIES: 507

CARBS: 48G

FATS: 6G

PROTEIN: 60G

50 MIN

HIGH PROTEIN BUTTER CHICKEN PASTA

INGREDIENTS

- Ingredients: (Chicken Marinade)
- 600g Diced Skinless Chicken Breast (raw weight)
- 1 Tbsp Smoked Paprika
- 1/2 Tbsp Turmeric
- 1 Tbsp Garam Masala
- Salt & Pepper
- 3 Diced Garlic Cloves
- 15g Fresh Ginger
- 100g Low Fat Greek Yoghurt

- Butter Chicken Sauce:
- 20g Light Butter (Brand: Nuttelex)
- 1/2 Sliced Onion
- 15g Cashew Nut Butter (optional) or regular cashew nuts
- 400g Diced/Chopped Tomatoes
- Same Seasonings Used For Chicken
- 40g Low Fat Greek Yoghurt
- 320g Uncooked Pasta (Brand: Vetta Smart Protein Penne)
- 20g Light Cream & Fresh Coriander (optional topping)

DIRECTIONS

- 1. In a bowl add 600g of diced chicken breast & season with salt, pepper, 1/2 Tbsp of turmeric, 1 Tbsp of smoked paprika & 1 Tbsp of garam masala.
- 2. Add 3 diced garlic cloves, 15g of ginger & 100g of low fat greek yoghurt then mix everything together & set aside.
- 3. To a pan on high heat add 20g of light butter, 1/2 sliced onion, 15g of cashew nut butter, 400g of diced tomatoes & the same seasonings above.
- 4. Add 40g of low fat greek yoghurt, mix everything together & cook for around 5 minutes.
- 5. Once cooked transfer to a blender cup & blend for 1 - 2 minutes or until smooth.
- 6. Now it's time to cook the chicken. Spray a pan with light cooking oil spray & cook the chicken on medium heat for 4 - 5 minutes on each side.
- 7. While the chicken is cooking you can also start cooking 320g of pasta per instructions on the packet.
- 8. Once the chicken is cooked add the blended curry sauce to the chicken on low heat & mix it together.
- 9. Drain the pasta, add it to the same pan & keep mixing everything together until well combined. Make sure everything is coated & mixed well.
- 10. Top it off with 20ml of light cream & fresh coriander (optional) divide equally into 4 servings & enjoy!

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 851

CARBS: 63G

FATS: 21G

PROTEIN: 96G

45 MIN

MACRO FRIENDLY STUFFED CRUST BBQ CHICKEN PIZZA

INGREDIENTS

- 100g Self Raising Flour (Brand Vetta Smart Self Raising Flour - or plain flour mixed with 2g of baking powder)
- 110g Plain Greek Yoghurt
- Italian Herb Seasoning, Garlic Powder, Salt
- BBQ Seasoning (or your choice of seasoning for the chicken)
- 150g Chicken Breast (raw weight)
- 3 String Cheese Sticks
- 3 Tbsp BBQ Sauce (Brand: Stubb's - for the pizza base
- 2 Tbsp BBQ Sauce (Brand: Stubb's - for the topping)
- 50g Light Cheese (Brand: Bega 50% Less Fat Grated Cheese)
- 25g Sliced Red Onion
- Parsley Flakes (optional topping)

DIRECTIONS

- 1. In a bowl add 100g of self raising flour, 110g of plain greek yoghurt, Italian seasoning, garlic powder & salt.
- 2. Mix everything together & using your hands knead it for a few minutes to form a dough.
- 3. Season 150g of a thin chicken breast fillet with BBQ seasoning & cook it using a pan on medium heat for around 4 - 5 minutes on each side.
- 4. Once the chicken is cooked shred it apart using 2 forks & set aside.
- 5. Place the dough on a lightly floured surface then gently & slowly roll the dough out as big as possible (into a circle shape) using a rolling pin.
- 6. Cut 3 cheese strings into smaller pieces & place them around the edges of the dough.
- 7. Using your hands slowly roll the edge of the dough over the pieces of cheese to form a crust.
- 8. Evenly spread 3 Tbsp of BBQ sauce across the base & season with Italian seasoning.
- 9. Spread 50g of light cheese across the base followed by the shredded chicken & 25g of sliced red onion.
- 10. Bake in the oven at 200 degrees celsius for 22 - 25 minutes.
- 11. Once cooked drizzle with 2 Tbsp of BBQ sauce, garnish with parsley, cut & enjoy!

DEPENDING ON THE BRAND OF YOGHURT SOME CONTAIN MORE/LESS MOISTURE THAN OTHERS WHICH CAN CAUSE THE DOUGH TO BE STICKY. IF THIS HAPPENS SLOWLY SPRINKLE A BIT MORE FLOUR UNTIL THE DOUGH REACHES A CONSISTENCY YOU CAN WORK WITH.

LOW CALORIE SWEET CHILLI CHICKEN NOODLES

NUTRITIONAL INFORMATION

PER MEAL
(5 MEALS)
CALORIES: 441
CARBS: 52G
FATS: 5G
PROTEIN: 42G

50 MIN

INGREDIENTS

- 600g Diced Chicken Breast
- Smoked Paprika, Salt, Pepper
- 25g Cornflour (or cornstarch)
- 40ml Light Soy Sauce (Brand: Kroger)
- 100g Light Sweet Chilli Sauce (Brand: Ayam)
- 30g Sriracha (use more or less depending on your preferred spice level)
- 20g Honey
- 2 Diced Garlic Cloves
- 10g Fresh Ginger or Ginger Paste
- 300g Noodles (Brand: Chefs Workout Thin Noodles)
- Diced Fresh Chilli (optional topping)
- Spring Onion (optional topping)
- Sesame Seeds (optional topping)

DIRECTIONS

- 1. In a bowl add 600g of diced chicken breast & season well with smoked paprika, pepper & salt.
- 2. In a seperate bowl add 25g of cornflour with the same seasonings.
- 3. Coat the chicken in the cornflour mixture so that each piece is coated evenly. (i poured all of the cornflour mixture into the bowl of chicken & placed a lid on top then shook it around)
- 4. Place the chicken on a baking tray with baking paper, spray each piece with light cooking oil spray & bake in the oven at 180 degrees celsius for 25 - 30 minutes flipping half way.
- 5. While the chicken is cooking in a bowl add 40ml of light soy sauce, 100g of light sweet chilli sauce, 30g of sriracha, 20g of honey & mix it together.
- 6. Now you can start cooking 300g of thin noodles per instructions on the packet.
- 7. To a pan on medium heat add 2 diced garlic cloves, 10g of ginger & 80g of capsicum. Cook for around 5 minutes while mixing.
- 8. Once the capsicum starts to slightly soften drain the noodles & add them to the pan along with 1/2 of the sauce made in step 5.
- 9. Mix everything together then add the chicken to the same pan followed by the rest of the sauce & mix well for 1 - 2 minutes making sure everything is combined.
- 10. Equally distribute into 5 servings, top with spring onions, sesame seeds & enjoy!

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 524

CARBS: 53G

FATS: 9G

PROTEIN: 65G

45 MIN

HIGH PROTEIN LOADED KEBAB FRIES

INGREDIENTS

- 400g Cut Potatoes (Brand: Coles Baby Carisma Potatoes)
- 1 Tsp Vinegar
- Chicken Salt, Pepper, Smoked Paprika (or your choice of seasonings for the fries)
- 170g Thin Chicken Breast (raw weight)
- Garlic Powder, Onion Powder, Salt, Pepper & Smoked Paprika (or your choice of seasonings for the chicken)
- 35g Plain Low Fat Greek Yoghurt
- 5g Mined Garlic
- Squeeze Of Lemon Juice
- Parsley Flakes (optional)
- 30g Light Mozzarella/Cheese (Brand: Bega 50% Less Fat Grated Cheese)
- 25g Hot Chilli Sauce (Brand: Masterfoods)
- 20g BBQ Sauce (Brand: Stubb’s)

DIRECTIONS

- 1. Start by cutting 400g of potatoes into french fry shapes.
- 2. Boil the potatoes on high heat for 3 minutes. (this helps the potatoes stay firm without falling apart when cooking)
- 3. Once they are boiled pat them dry & season with chicken salt, pepper & smoked paprika.
- 4. Bake in the oven at 220 degrees celsius for 18 - 22 minutes OR air fry at 200 degrees celsius for 18 - 20 minutes.
- 4. Season 170g of a thin chicken breast with garlic powder, onion powder, salt, pepper & smoked paprika.
- 5. To a pan on high heat spray with light cooking oil spray & cook the chicken on medium heat for 5 minutes on each side.
- 6. Once the chicken is cooked shred it apart using 2 forks & set aside.
- 7. For the garlic yoghurt sauce in a small bowl mix together 35g of low fat greek yoghurt, 5g of minced garlic, a squeeze of lemon juice & parsley flakes.
- 8. Once the fries are ready add them to a plate & layer the chicken on top with 30g of light cheese, 25g of chilli sauce, 20g of BBQ sauce & the garlic yoghurt sauce.

NUTRITIONAL INFORMATION

PER MEAL (4 MEALS)

CALORIES: 435
CARBS: 44G
FATS: 8G
PROTEIN: 42G

60 MIN

LOW CALORIE & HIGH PROTEIN NANDOS CHICKEN & RICE

INGREDIENTS

- 650g Thin Boneless Skinless Chicken Thigh
- Oregano, Cumin, Garlic Powder, Smoked Paprika, Turmeric, Salt & Pepper (or seasonings you have available)
- 80g Nandos Peri Peri Sauce (Spice: Medium)
- 150g Diced Capsicum/Bell Pepper
- 1/2 Diced White Onion
- 3 Diced Garlic Cloves
- 30g Tomato Paste/Tomato Purée
- 200g Uncooked Basmati Rice (560g cooked weight)
- 400ml Chicken Broth
- Fresh Parsley (optional)

DIRECTIONS

- 1. In a bowl add 650g of boneless skinless chicken thighs & season with 1 Tsp each of oregano, cumin, garlic powder, smoked paprika, turmeric, salt & pepper.
- 2. Marinate the chicken in 80g of Nandos sauce & mix it together.
- 3. Spray a pan with light cooking oil spray & cook the chicken on medium heat for 5 - 7 minutes on each side & once its cooked set it to the side. (time may vary depending on the thickness of the chicken - mine are thin)
- 4. To the same pan add 150g of diced capsicum, 1/2 diced onion, 3 diced garlic cloves, 30g of tomato paste & the same seasonings as before.
- 5. Add 200g of uncooked basmati rice, mix everything together & pour in 400ml of chicken broth.
- 6. Mix again & cook on low - medium heat for around 20 - 25 minutes (gently stir every few minutes)
- 7. Cut each piece of chicken into thin slices.
- 8. Once the rice is cooked place the chicken on top with parsley, divide into 4 equal servings & enjoy!

NUTRITIONAL INFORMATION

PER MEAL
(4 MEALS)
CALORIES: 529
CARBS: 54G
FATS: 9G
PROTEIN: 52G

45 MIN

HIGH PROTEIN CHICKEN ALFREDO

INGREDIENTS

- 600g Thinly Sliced/Butterflied Chicken Beast (460g cooked)
- Italian Herb Seasoning, Onion Powder, Garlic Powder, Smoked Paprika, Salt & Pepper
- 1 Tsp Olive Oil
- 250ml Skim/Low Fat Milk
- 5 Servings Light Laughing Cow Cheese (or light cream cheese)
- 300g Uncooked Pasta (Brand: Vetta High Fibre Spaghetti)
- 30g Fresh Grated Parmesan Cheese (or light mozzarella)
- Fresh Parsley & Parmesan (Optional Toppings)

DIRECTIONS

- 1. Start by adding 1 Tsp of olive oil across 600g of butterflied chicken breast.
- 2. Using your hands rub the olive oil on each side of the chicken breasts.
- 3. Season the chicken on each side with Italian herb seasoning, Onion Powder, Garlic Powder, Smoked Paprika, Salt & Pepper.
- 4. Place the chicken on a baking tray with baking paper & bake in the oven at 180 degrees celsius for 25 minutes.
- 5. While the chicken is baking in a blender cup add 250ml of skim milk, 5 servings of light laughing cow cheese, Italian herb seasoning, salt & pepper.
- 6. Blend for 20 - 30 seconds or until there is no clumps - make sure not to blend it for too long or it will be too runny.
- 7. Now cook 300g of pasta per instructions on the packet.
- 8. To a pan on high heat pour in the blended sauce & add 30g of parmesan cheese.
- 9. Mix everything together & keep stirring until it starts to slightly thicken.
- 10. Lower the heat to low - medium then add just under 1/2 cup of pasta water & keep mixing slowly.
- 11. Once the pasta is cooked drain it & add it to the pan with the Alfredo sauce.
- 12. Stir everything together in the pan until well combined.
- 13. To finish it off cut each piece of cooked chicken into thinner slices, lay it on top of the pasta, equally divide it into 4 servings & enjoy!

LOW CALORIE & HIGH PROTEIN CREAMY CHICKEN & RICE

NUTRITIONAL INFORMATION

PER MEAL
(4 MEALS)

CALORIES: 470
CARBS: 44G
FATS: 8G
PROTEIN: 50G

40 MIN

INGREDIENTS

- 600g Raw Chicken Breast (cut chicken breast in half & beaten slightly to flatten so that it cooks evenly & isn't dry)
- Chipotle Seasoning (or your choice of seasonings such as - paprika, chilli, salt , pepper)
- Chopped Spinach
- Fresh Parsley

- (Sauce)
- 250ml Low Fat Milk / Skim Milk
- 6 Servings Light Laughing Cow Cheese (or cream cheese - light laughing cow cheese contains more protein)
- 30g Light Cheddar/Mozzarella (Brand: Bega)
- Garlic Powder, Parsley Flakes, Salt & Pepper
- 2 Tsp Chipotle Sauce (amount is up to you - the more you add the spicier it will be)

- (Ingredients Per Meal Prep Container - 4 Total)
- 140g Cooked White Rice
- Fresh Parsley

DIRECTIONS

- 1. In a blender cup add 250ml of skim milk, 6 servings of light laughing cow cheese, 30g of light mozzarella, garlic powder, parsley flakes, salt & pepper.
- 2. Add 2 Tsp of chipotle in adobo sauce, blend for 1 minute & set aside.
- 3. Season 600g of chicken thinly sliced breast with chipotle seasoning on each side.
- 4. Spray a pan with light cooking oil spray & cook the chicken on high heat for around 5 minutes on each side.
- 5. Once the chicken is cooked evenly cut each piece into thin slices & set aside.
- 6. To the same pan add the blended sauce on low heat with a handful of chopped spinach.
- 7. Slowly mix & simmer for 3 - 5 minutes until the sauce is creamy.
- 8. Place 140g of cooked white rice in each meal prep container (4 containers) then equally divide the sauce & chicken across each meal. Garnish with fresh parsley & enjoy!

NUTRITIONAL INFORMATION

PER ROLL
(8 ROLLS)
CALORIES: 173
CARBS: 18G
FATS: 4G
PROTEIN: 14G

40 MIN

CHEESY GARLIC PARM BREAD ROLLS

INGREDIENTS

- 250g Self Raising Flour (Brand: Vetta Smart Self Raising Flour - or plain flour mixed with 4 Tsp of baking powder & salt)
- 170g Plain Greek Yoghurt
- Garlic Powder
- 30g Melted Light Butter (Brand: Nuttelex Light)
- 3 Diced Garlic Cloves
- Oregano
- 65g Light Cheese (Brand: Bega 50% Less Fat Grated Cheese)
- 15g Freshly Grated Parmesan Cheese

DIRECTIONS

- 1. In a bowl add 250g of self raising flour, 270g of plain greek yoghurt & garlic powder.
- 2. Mix everything together & using your hands knead it for around 5 minutes to form a dough.
- 3. Lightly flour a surface & using a rolling pin roll the dough out into a large rectangle shape.
- 4. Place 30g of light butter into a bowl & microwave for around 30 seconds or until melted.
- 5. Add 3 diced garlic cloves & oregano into the melted butter & mix it together.
- 6. Spread half of the melted butter mixture across the dough evenly then sprinkle 65g of light mozzarella & 15g of grated parmesan cheese.
- 7. Cut the dough & roll it into 8 pieces (as even as possible)
- 8. Bake them in the oven at 180 degrees celsius for 20 - 24 minutes.
- 9. Once baked sprinkle a tiny bit of parmesan cheese on each roll (optional) & enjoy!

NUTRITIONAL INFORMATION

PER PITA
(6 PITAS)
CALORIES: 87
CARBS: 11.8G
FATS: 0.6G
PROTEIN: 7.1G

40 MIN

LOW CALORIE PROTEIN PITA BREAD

INGREDIENTS

- 128g Self Raising Flour (Brand: Vetta Smart Self Raising Flour - or plain flour mixed with 3 Tsp of baking powder & salt)
- 130g Plain Greek Yoghurt
- 1 Tbsp Salt

DIRECTIONS

- 1. In a bowl add 128g of self raising flour, 130g of greek yoghurt & 1 Tbsp of salt.
- 2. Mix everything together & using your hands knead it until you have formed a dough.
- 3. Weigh the dough & place it on a lightly floured surface.
- 4. Equally divide the dough into 6 even balls.
- 5. Using a rolling pin roll each ball into a flat circle shape.
- 6. This step is optional but if you want to make the circle as perfect as possible you can use a small bowl to place on top of each piece of dough & carefully cut out the edges.
- 7. Air fry at 200 degrees celsius for 8 minutes flipping half way OR bake in the oven at 200 degrees celsius for around 10 - 13 minutes flipping half way. Keep an eye on it & make sure to flip once you start seeing the edges brown.
- 8. Once they are baked cut around the edges of the middle to create an opening for the pita, fill with your favourite fillings & enjoy!

DEPENDING ON THE BRAND OF YOGHURT SOME CONTAIN MORE/LESS MOISTURE THAN OTHERS WHICH CAN CAUSE THE DOUGH TO BE STICKY. IF THIS HAPPENS SLOWLY SPRINKLE A BIT MORE FLOUR UNTIL THE DOUGH REACHES A CONSISTENCY YOU CAN WORK WITH.

NUTRITIONAL INFORMATION

PER SANDWICH
(4 IN TOTAL)

CALORIES: 418

CARBS: 32G

FATS: 12G

PROTEIN: 42G

40 MIN

LOW CALORIE CHICKEN PARM SANDWICH

INGREDIENTS

- 500g Chicken Breast (cut chicken breast in half & beat slightly to flatten so that it cooks evenly & isn’t dry - 100g cooked per piece)
- Oregano, Pepper, Salt & Garlic Powder
- 3 Cheese Corn Thins (or cheese rice cakes)
- 1 Tbsp Paprika (optional)
- 2 Egg Whites
- 4 Toasted Aldi Brioche Buns
- 120g Pizza Sauce (30g per sandwich - Brand: Leggo’s Onion, Garlic & Herbs pizza sauce)
- 80g Fresh Mozzarella (20g per sandwich)
- Parsley Flakes

DIRECTIONS

- 1. Start by seasoning 500g of thinly cut chicken breast with oregano, pepper, salt & garlic powder on each side.
- 2. Add 3 cheese corn thins to a blender cup with the same seasonings & 1 Tbsp of smoked paprika.
- 3. Blend for 1 minute & pour the mixture onto a plate.
- 4. On a seperate plate add 2 egg whites (seperate the yolk from 2 eggs)
- 5. One by one dip each piece of chicken in the egg whites & evenly coat each side in the blended corn thin mixture.
- 6. Lightly spray each side of the chicken with light cooking oil spray to ensure the crumbing sticks & air fry at 190 degrees celsius for 15 - 20 minutes OR bake in the oven at 200 degrees celsius for 20 - 25 minutes.
- 7. Toast each half of the Aldi brioche buns for around 1 minute using a pan on high heat.
- 8. Once the chicken is ready its time to start assembling the sandwiches. Place one piece of chicken on the bottom of the toasted Aldi brioche bun followed by 30g of pizza sauce, 20g of fresh mozzarella, parsley flakes & the top bun. Repeat the process for the other 3 sandwiches & enjoy! (I also used a mini blowtorch to melt the mozzarella but this is optional)

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 537

CARBS: 59G

FATS: 7G

PROTEIN: 53G

40 MIN

MEGA LOW CALORIE & HIGH PROTEIN CHICKEN GYROS

INGREDIENTS

- 200g Potatoes (Brand: Spud Lite)
- All Purpose Seasoning (or your choice of seasoning)
- 130g Diced Chicken Breast (100g cooked)
- Garlic & Herb Seasoning (or your choice of seasoning)
- 1 Flatbread/Pita Bread (Brand: Filla Bakery White Lebanese Bread - or the lowest calorie flatbread / pita bread option available near you)
- Shredded Lettuce
- 50g Diced Cucumber
- 1/2 Diced Tomato
- 1/2 Sliced Onion

- Protein Tzatziki Sauce
- 80g Low Fat Greek Yoghurt (added an extra 20g at the end for visual representation)
- 10g Garlic
- 5g Grated Cucumber
- 1 - 2 Tbsp Lemon Juice
- 1 Tsp Vinegar
- Salt & Pepper

DIRECTIONS

- 1. Start by cutting 200g of potatoes into french fry shapes & season well with all purpose seasoning.
- 2. Spray them with light cooking oil spray & air fry at 180 degrees celsius for 15 - 17 minutes OR bake in the oven at 200 degrees celsius for 22 - 25 minutes.
- 3. In a bowl add 80g of low fat greek yoghurt, 10g of garlic, 5g of grated cucumber, a squeeze of lemon juice, 1 Tsp of vinegar, salt, pepper & mix it all together. This is a great low calorie protein tzatziki sauce!
- 4. In a bowl add 130g of diced chicken breast & season well with garlic herb seasoning.
- 5. Spray a pan with light cooking oil spray & cook the chicken on high heat for 4 minutes on each side.
- 6. Grab a low calorie flatbread/ pita bread & spread half of the tzatziki sauce on it then add a handful of shredded lettuce, 50g of diced cucumber, 1/2 diced tomato, 1/2 sliced red onion, the chicken & the rest of the tzatziki sauce.
- 7. Finish it off by placing the fries on top, roll the gyro tightly & enjoy!

NUTRITIONAL INFORMATION

PER MEAL
(4 MEALS)
CALORIES: 521
CARBS: 57G
FATS: 9G
PROTEIN: 49G

55 MIN

HIGH PROTEIN JALAPENO POPPER CHICKEN MAC & CHEESE

INGREDIENTS

- 300g Low Fat Cottage Cheese
- 5 Servings Light Laughing Cow Cheese (or light/fat free cream cheese)
- 7 Tbsp Jalapeño Juice (you can add more or less depending how strong you want the flavour - mix after adding each Tbsp & taste test until you are satisfied. You can add diced jalapeños but it will make the sauce green)
- 25g Cheese Seasoning (or the cheese powder which you get inside store bought mac & cheese packets)
- Salt, Pepper, Garlic Powder, Smoked Paprika
- 10g Mustard
- 400g Diced Chicken Breast (360g cooked)
- 280g Pasta (Brand: San Remo Elbows)
- Thinly Sliced Jalapeños & Chives (optional toppings - can be customised to your own liking)

DIRECTIONS

- 1. In a bowl add 300g of low fat cottage cheese, 5 servings of light laughing cow cheese, 7 Tbsp of jalapeño juice, 25g of cheese seasoning, a bit of salt, pepper, garlic powder & 10g of mustard.
- 2. Mix everything together & heat it in the microwave for 30 seconds then take it out & mix it again.
- 3. Transfer to a blender cup & blend for around 1 minute or until smooth/creamy.
- 4. In a seperate bowl add 400g of diced chicken breast & season with salt, pepper, garlic powder & smoked paprika.
- 5. Spray a pan with light cooking oil spray & cook the chicken on high heat for around 4 minutes on each side.
- 6. While the chicken is cooking you can also start cooking 280g of pasta per instructions on the packet.
- 7. Once everything is cooked drain the pasta & add it to a bowl with the chicken, sauce & mix it all together to combine.
- 8. Top it off with thinly sliced jalapeños, chives, equally distribute into 4 servings & enjoy!

NUTRITIONAL INFORMATION

PER MEAL
(4 MEALS)
CALORIES: 452
CARBS: 42G
FATS: 6G
PROTEIN: 52G

50 MIN

LOW CALORIE & HIGH PROTEIN CHICKEN TIKKA MASALA

INGREDIENTS

- (Chicken Marinade)
- 600g Raw Chicken Breast
- 120g Low Fat Greek Yoghurt (Brand: YoPro Perform Plain)
- 4 Diced Garlic Cloves
- 25g Ginger Paste/Fresh Ginger
- 1 Tsp Salt, Garam Masala, Turmeric, Paprika, Cumin & Coriander Powder

- Ingredients (Tikka Masala)
- 1/2 Onion (diced)
- 450g Canned Diced/Chopped Tomatoes
- 40g Low Fat Greek Yoghurt
- Same Seasonings As Above

DIRECTIONS

- 1. In a bowl add 600g of diced chicken breast & add 120g of low fat greek yoghurt, 4 diced garlic cloves, 25g of ginger, 1 Tsp each of salt, garam masala, turmeric, paprika, cumin & coriander powder.
- 2. Mix everything together then spray a pan with light cooking oil spray & cook the chicken on high heat for 8 minutes (4 minutes each side)
- 3. Set the chicken on a plate to the side & to the same pan add 1/2 diced onion, 450g of canned diced tomatoes, 40g of low fat greek yoghurt & the same seasonings as before.
- 4. Mix it together & simmer on medium heat for 2 - 3 minutes.
- 5. Transfer the sauce into a blender cup & blend for 30 seconds - 1 minute or until smooth.
- 6. Add the blended sauce back to the same pan on low heat with the chicken.
- 7. Mix the chicken & sauce together then let it simmer on low heat for 3 minutes.
- 8. Each container (4 total) is served with 120g of cooked white rice, 1/4th Tikka Masala & fresh coriander (sides are optional & customisable to your own liking) Evenly distribute the tikka masala into 4 equal portions with your choice of sides & enjoy!

- *macros above include the rice - naan not included*

NUTRITIONAL INFORMATION

PER MEAL

(2 MEALS)

CALORIES: 550

CARBS: 39G

FATS: 12G

PROTEIN: 65G

55 MIN

HIGH PROTEIN CREAMY CHICKEN FAJITA PASTA

INGREDIENTS

- 300g Diced Chicken Breast (weighed raw, 260g cooked)
- 130g Pasta (uncooked weight, I used San Remo Pasta Pro)
- 3 Tbsp Fajita Seasoning
- 60g Sliced Red Onion
- 100g Sliced Capsicum/Peppers
- Pasta Water (slowly add small amounts so that you don’t add too much resulting in the sauce being too thin & watery)
- 3 Light Laughing Cow Wedges
- 35g Light Cream Cheese (Brand: Philadelphia)
- Parsley Flakes (optional)

DIRECTIONS

- 1. Start by cooking 130g of pasta per instructions on the packet.
- 2. While the pasta is cooking in a bowl add 300g of diced chicken breast & season it with fajita seasoning.
- 3. Spray a pan with light cooking oil spray & cook the chicken on high heat.
- 4. Just before the chicken is fully cooked add 60g of sliced red onion & 100g of sliced capsicum.
- 5. Add a splash of pasta water with 1 Tbsp of fajita seasoning to the vegetables & mix everything together.
- 6. Add 3 servings of light laughing cow cheese & keep mixing to combine.
- 7. Once the pasta is cooked drain it & add it to the pan with 35g of light cream cheese.
- 8. Mix everything together one more time & let it simmer on low - medium heat for 3 - 5 minutes to make it nice & creamy.
- 9. Top it off with parsley flakes, evenly distribute into 2 servings & enjoy!

Multiply the ingredients x2 if you wish to make 4 servings.

NUTRITIONAL INFORMATION

PER MEAL
(4 MEALS)
CALORIES: 499
CARBS: 40G
FATS: 13G
PROTEIN: 51G

55 MIN

HIGH PROTEIN MEAL PREP LASAGNA

INGREDIENTS

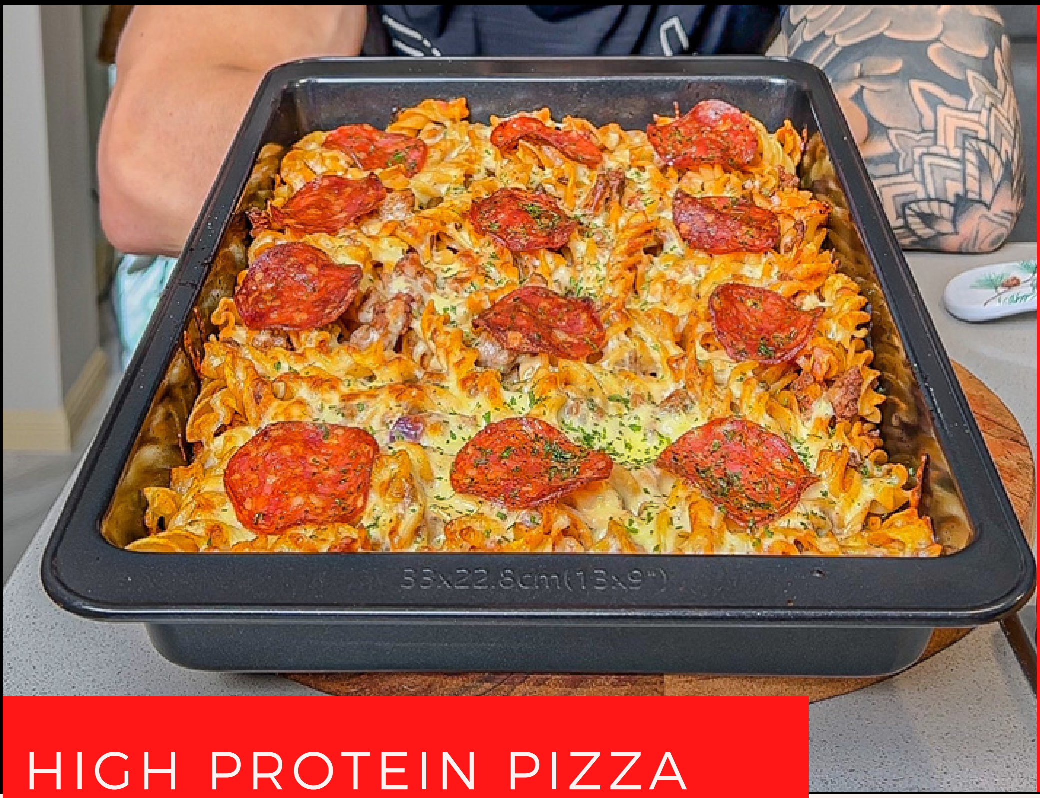
- 500g Extra Lean Beef Mince
- 1 Diced Onion
- Italian Seasoning, Garlic Powder, Parsley Flakes, Salt & Pepper
- 400g Diced Tomatoes
- 25g Tomato Paste
- 6 Lasagna Sheets (weighed 180g in total / 30g per sheet Brand: Vetta Smart Lasagna Sheets)
- 70g Low Fat Cheese / Light Mozzarella (Brand: Bega 50% Less Fat Grated Cheese)

- (Sauce)
- 400g Low Fat/Fat Free Cottage Cheese
- 30g Grated Parmesan Cheese
- Italian Seasoning, Garlic Powder, Salt & Pepper

- The baking dish I used - 33 x 22.8cm (13 x 9)

DIRECTIONS

- 1. In a blender cup add 400g of low fat cottage cheese, 30g of grated parmesan cheese, Italian seasoning, garlic powder, salt & pepper. Blend for 1 - 2 minutes or until smooth.
- 2. Spray a pan with light cooking oil spray & add 1 diced onion on high heat.
- 3. Once the onion starts to get some colour add 500g of extra lean beef mince & the same seasonings used above.
- 4. Mix everything together & once the mince starts to get some colour add 400g of diced tomatoes with 25g of tomato paste & mix again for another 2 minutes on low heat.
- 5. Once its cooked spread 1/2 of the meat evenly onto a baking dish followed by 3 lasagna sheets & add the rest of the meat on top.
- 6. Spread 1/2 of the white sauce on the last layer of meat followed by 3 more lasagna sheets, then add the rest of the white sauce on top.
- 7. Bake in the oven at 180 degrees celsius for 25 minutes.
- 8. Take it out & add 70g of low fat cheese then bake it again for another 5 - 10 minutes.
- 9. Evenly distribute the lasagna into 4 equal servings, garnish with parsley flakes & enjoy! (this may require 2 spatulas & some patience)



NUTRITIONAL INFORMATION

PER MEAL
(4 MEALS)
CALORIES: 543
CARBS: 55G
FATS: 11G
PROTEIN: 50G

55 MIN

HIGH PROTEIN PIZZA PASTA BAKE

INGREDIENTS

- 375g Pasta (uncooked - Brand: Vetta Smart Protein Spirals)
- 300g Extra Lean Beef Mince
- Garlic Salt, Onion Powder, Chilli Powder, Oregano, Parsley Flakes, Pepper
- 1/2 Diced Red Onion
- 2 Diced Garlic Cloves
- 400g Canned Tomato Purée
- 90g Light Cheese (Brand: Bega 50% Less Fat Grated Cheese)
- 40g Chorizo Salami (Brand: Provedore)

DIRECTIONS

- 1. Start by cooking 375g of pasta per instructions on the packet.
- 2. While the pasta is cooking spray a pan with light cooking oil spray & add 300g of extra lean beef mince on medium heat.
- 3. Season with garlic salt, onion powder, chilli powder, mix & let it cook through.
- 4. Once the mince starts to get some colour add 1/2 diced red onion & 2 diced garlic cloves.
- 5. Keep mixing then add 400g of canned tomato purée.
- 6. Season with oregano, parsley flakes, salt, pepper, mix together & add 1/2 cup of pasta water.
- 7. Mix one more time then let it simmer on low heat for 3 - 4 minutes.
- 8. Once the pasta is cooked drain it, add it to a baking dish with the cooked mince & mix it all together.
- 9. Add 90g of light cheese on top with 40g of chorizo salami.
- 10. Bake at 180 degrees celsius for 15 minutes.
- 11. Top with parsley flakes, divide into 4 equal servings & enjoy!

NUTRITIONAL INFORMATION

PER MEAL
(4 BURRITOS)
CALORIES: 399
CARBS: 22G
FATS: 10G
PROTEIN: 45G

45 MIN

EASY HIGH PROTEIN CREAMY NANDOS BURRITO

INGREDIENTS

- 600g Diced Bonless Skinless Chicken Thigh
- 4 Low Calorie Wraps/Tortillas (Brand: Woolworths Soft White Wraps)
- 50g Nandos Peri Peri Sauce (Medium)
- 150g Low Fat Cottage Cheese
- 80g Low Fat Cheese (Brand: Bega 50% Less Fat Grated Cheese)
- 10g Honey
- 15g Nandos Peri Peri Sauce (for the chicken marinade)
- Salt, Pepper, Smoked Paprika, Garlic Powder, Onion Powder, Oregano

DIRECTIONS

- 1. Start by adding 600g of diced chicken thigh into a bowl.
- 2. Add 15g of peri peri sauce then mix & coat the chicken well.
- 3. Season each side of the chicken with salt, pepper, smoked paprika, garlic powder & onion powder.
- 4. Air fry at 190 degrees celsius for 16 - 20 minutes OR bake in the oven at 200 degrees celsius for 22 - 25 minutes. (times may vary slightly depending on the air fryer/oven, keen an eye on it).
- 5. While the chicken is cooking, In a blender cup add 150g of low fat cottage cheese, 50g of peri peri sauce, 10g of honey & a dash of each seasoning used above.
- 6. Blend for 1 - 2 minutes or until smooth & creamy.
- 7. Once the chicken is cooked add it into a bowl with the blended sauce.
- 8. Add 80g of low fat cheese & oregano into the bowl then mix everything together to combine.
- 9. Grab 4 low calorie tortillas & one by one evenly distribute the mixture across them all.
- 10. Roll each tortilla up tightly into a burrito, toast for 1 - 2 minutes using a pan on medium heat & enjoy!

REHEATING: THAW IN THE FRIDGE OVERNIGHT & EITHER MICROWAVE FOR 1 - 2 MIN ON EACH SIDE/ BAKE IN THE OVEN AT 200 DEGREES CELSIUS FOR 8 - 12 MIN/ AIR FRY AT 190 DEGREES CELSIUS FOR 6 - 8 MIN. TIMES MAY VARY SLIGHTLY DEPENDING ON THE OVEN/AIR FRYER.

NUTRITIONAL INFORMATION

PER MEAL

(4 MEALS)

CALORIES: 437

CARBS: 46G

FATS: 9G

PROTEIN: 40G

45 MIN

LOW CALORIE STICKY BEEF MEAL PREP

INGREDIENTS

- 600g Beef Strips (weighed raw, use lean beef if possible)
- Salt & Pepper
- 20ml Sesame Oil
- 2 Tbsp Reduced Salt & Sugar Tomato Sauce
- 2 Tbsp BBQ Sauce (I used Stubbs)
- 1 Tbsp Rice Wine Vinegar
- 15g Diced Garlic
- 1 Tbsp Light Soy Sauce
- 80g Diced Onion
- 200g Sliced Capsicum/Peppers

- Meal Prep Per Serve, 4 Total (optional & customisable)
- 125g Cooked White Rice
- 1 Serving Sticky Beef
- 5g Spring Onion
- 1 Tsp Sesame Seeds

DIRECTIONS

- 1. Start by adding 600g of beef strips into a bowl then season with salt & pepper.
- 2. In a small bowl mix together 2 Tbsp of reduced sugar tomato sauce, 2 Tbsp of BBQ Sauce, 1 Tbsp of rice wine vinegar, 15g of diced garlic & 1 Tbsp of light soy sauce.
- 3. To a pan on high heat add 20ml of sesame oil, once its hot add 600g of beef strips & let it cook through for around 10 minutes.
- 4. Once cooked set the beef on a plate to the side & on the same pan add 80g of diced onions, 200g of sliced capsicum & the sauce.
- 5, Mix everything together then add the cooked beef strips back to the pan & mix it again.
- 6. Simmer on low - medium heat for 3 - 5 minutes or until sticky.
- 7. Line up 4 meal prep containers & in each one add 125g of cooked white rice, evenly distribute the sticky beef, 15g of spring onions, 1 Tsp of sesame seeds & enjoy!

MACROS SHOWN ABOVE INCLUDE 125G OF COOKED WHITE RICE & SIDES PER MEAL

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 453

CARBS: 17G

FATS: 17G

PROTEIN: 56G

20 MIN

HIGH PROTEIN BIG MAC QUESADILLA!

INGREDIENTS

- 130g Extra Lean Beef Mince
- Tbsp Onion Powder
- Garlic Powder
- 10g Mustard
- 2 Tbsp Worcestershire Sauce
- 1 Low Calorie Wrap/Tortilla (Brand: Coles 70% Lower Carb Wraps)
- Sliced Pickles (Optional - can be substituted for jalapeños or relish too)
- 40g Low Fat Cheese (Brand: Bega 50% Less Fat Grated Cheese)

Sauce:

- 25g Reduced Sugar Tomato Sauce
- 15g Mustard
- 1/2 Tbsp White Wine Vinegar
- 1/2 Tbsp Pickle Juice
- 70g Low Fat Greek Yoghurt (Brand: YoPro Perform Plain)
- 1/2 Tbsp Onion Powder
- 1/2 Tbsp Garlic Powder
- 1/2 Tbsp Smoked Paprika

DIRECTIONS

- 1. In a bowl add 25g of tomato sauce/ketchup, 15g of mustard, 1/2 tsp of white wine vinegar, 1 Tbsp of pickle juice, 1/2 Tbsp of onion powder, garlic powder & smoked paprika then mix everything together and set aside.
- 2. Using a pan with the stove on high heat lightly spray with cooking oil spray & add 130g of extra lean beef mince.
- 3. Start breaking the mince apart & cooking it. Just before its fully cooked through add onion powder, garlic powder, 10g of mustard & 2 Tbsp of Worcestershire sauce. (this stops the meat from being dry)
- 4. Grab a low calorie wrap/tortilla & spread half of the sauce from step 1 evenly all over it.
- 5. Using only one half of the wrap add the cooked mince, pickles & 40g of low fat cheese.
- 6. Fold the other side of the wrap over then toast the quesadilla on high heat for around 1 - 2 minutes using the same pan as before. (or a sandwich press)
- 7. Cut the quesadilla & use the other half of the leftover sauce to dip in your quesadilla & enjoy!

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 457

CARBS: 18G

FATS: 9G

PROTEIN: 70G

20 MIN

ANABOLIC CRISPY CHICKEN NUGGETS

INGREDIENTS

- 2 Slices "Country Split" bread (or any low calorie bread of choice)
- 300g Less Than 2% Fat Chicken Breast Mince (weighs 270g once cooked in air fryer)
- 1 Small Egg
- 1 Tsp Cayenne Pepper
- 1 Tsp All In 1 Seasoning
- 1 Tsp Smokey BBQ Seasoning

DIRECTIONS

- 1. Start by ripping up 2 slices of low calorie bread & placing it into a blender cup with 1 tsp of cayenne pepper.
- 2. Blend for 1 minute & pour the blended powder onto a plate.
- 3. In a separate bowl add 300g of lean chicken breast mince with 1 small egg, 1 tsp of all in 1 seasoning & 1 tsp of smokey bbq seasoning. (or seasonings of choice)
- 4. Mix everything together & once everything is combined one by one form the combined meat into 20 small nugget shapes using your hands (make sure your hands are wet while you are doing this)
- 5. Coat each nugget in the blended breadcrumb mixture & bake in the air fryer at 180 degrees celsius for 15 minutes. Once they're done serve with your favourite sauce & enjoy!

TO COMPARE.. 20 CHICKEN NUGGETS FROM MCDONALDS ONLY HAVE 44G OF PROTEIN & ARE 940 CALORIES!
IF YOU DO NOT HAVE AN AIR FRYER YOU CAN USE AN OVEN INSTEAD, BAKE AT THE SAME TEMP FOR AN EXTRA 10-15 MINUTES. MAKE SURE TO KEEP AN EYE ON THEM AS EVERYONE'S OVENS ARE DIFFERENT.

NUTRITIONAL INFORMATION

TOTAL
CALORIES: 454
CARBS: 15G
FATS: 15G
PROTEIN: 60G

20 MIN

HIGH PROTEIN CHEESY JALAPEÑO POPPER QUESADILLA

INGREDIENTS

- 20g Diced Jalapeños
- 1 Serving Light Laughing Cow Cheese
- 60g Low Fat Greek Yoghurt (Brand: YoPro Plain)
- Garlic Powder, Chilli Powder, & Ranch Seasoning (Brand: Deliciou)
- 120g Cooked Shredded Chicken or Regular Chicken (Brand: Coles Slow Cooked Shredded Chicken)
- 1 Low Calorie Wrap/Tortilla (Brand: Simsons Pantry Low Carb High Protein + Fibre Large Wrap)
- 30g Low Fat Cheese (Brand: Bega 50% Less Fat Grated Cheese)

DIRECTIONS

- 1. In a bowl add 20g diced jalapeños, 1 light laughing cow cheese, 60g low fat greek yoghurt & the seasonings mentioned in the ingredient list or your choice of seasoning.
- 2. Add 1 Tbsp of jalapeño juice & mix everything together with a spoon.
- 3. Once everything is well combined add 120g of cooked shredded chicken or cooked diced chicken breast.
- 4. Mix everything together again to combine the sauce & chicken.
- 5. Spread the mix evenly across one half of the low calorie wrap/tortilla & add 30g of low fat cheese on top.
- 6. Fold the empty side of the wrap/ tortilla over.
- 7. Turn the stove on high heat & toast the quesadilla on a pan for a 2-3 minutes on each side.
- 8. Once golden brown & toasted cut the quesadilla into 4 pieces & enjoy!

NUTRITIONAL INFORMATION

TOTAL (1 WRAP)

CALORIES: 101

CARBS: 10G

FATS: 0G

PROTEIN: 13G

15 MIN

4 INGREDIENT LOW CALORIE PROTEIN WRAP

INGREDIENTS

- 18g Plain Flour (Brand: Vetta Smart Protein Plain Flour - any plain flour will work)
- 80g Egg Whites
- Garlic Powder (or your choice of seasoning, this is used to hide the taste of the egg whites which is minimal anyway)
- Cooking Oil Spray (stops the wrap from sticking)

DIRECTIONS

- 1. In a blender cup add 18g of plain flour, 80g of egg whites, 1 Tsp of garlic powder & spray the inside with a tiny bit of cooking oil spray.
- 2. Blend for 30 seconds.
- 3. Turn the stove on medium heat & pour the mixture into a non stick pan. (If you are using a regular pan spray it with non stick spray/cooking oil spray to avoid sticking)
- 4. Cook on each side for 2 - 3 minutes (or until lightly brown with brown spots like shown in the picture above)
- 5. Once the wrap is cooked cover it in a dry tea towel for 5 - 10 minutes.
- 6. Add your favourite fillings & roll it up! This recipe makes 1 large wrap (depending on the size of the pan you use, i suggest using the biggest pan you have available) If you would like to make more at once multiply the ingredients by however many wraps you would like to make, Enjoy!

THIS IS A GREAT ALTERNATIVE FOR REGULAR WRAPS WITH AMAZING MACROS, TEXTURE & TASTE FOR A WRAP THIS SIZE! NOT TO MENTION IT'S SUPER EASY TO MAKE & ALL THE INGREDIENTS USED ARE EASILY ACCESSIBLE.
MAKE SURE TO FOLLOW EACH STEP CORRECTLY, COVERING THE WRAP IS A VERY IMPORTANT STEP TO MAKE IT NICE & SOFT (ONCE COVERED CHECK THE WRAP EVERY FEW MINUTES & ONCE IT'S SOFT YOU CAN TAKE IT OUT

NOTE: IF AT ANY POINT YOU GET CONFUSED ON CERTAIN STEPS THERE IS A RECIPE VIDEO ON MY INSTAGRAM.

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 494

CARBS: 18G

FATS: 9G

PROTEIN: 70G

15 MIN

HIGH PROTEIN BBQ CHICKEN QUESADILLA

INGREDIENTS

- 200g Egg Whites (or regular eggs, macros will vary)
- 1 Low Calorie Wrap/Tortilla (Brand: Coles Lower Carb Wraps)
- BBQ Seasoning (Brand: Masterfoods Seasoning Bbq)
- 150g Cooked Shredded Chicken (Brand: Coles Slow Cooked Pulled Chicken but you can use cooked chicken breast, chicken mince etc)
- Parsley Flakes (optional)
- 40g Low Fat Grated Cheese (Brand: Bega 50% Less Fat Grated Cheese)
- 20g BBQ Sauce (Brand: Stubb's Original BBQ Sauce)

DIRECTIONS

- 1. Start by adding 200g of egg whites to a pan on high heat. Spray the pan with light cooking oil spray beforehand.
- 2. Just before the egg whites are cooked (sides of the egg whites are cooked but the top is slightly runny) place a low calorie wrap/tortilla on top.
- 3. After about 1 minute flip the wrap over so that the egg whites are now facing upwards & the wrap is on the pan cooking (using a spatula or placing a plate on top & turning the pan over. The video linked at the bottom of this page will show you how i do it)
- 4. Add 1 Tbsp of BBQ Seasoning on top & place 150g of cooked shredded chicken on one half of the wrap.
- 5. Lower the heat to a low - medium level & add 40g of low fat cheese on top of the chicken.
- 6. Using a spatula fold the empty half of the wrap over & press down to let the cheese melt & hold the quesadilla together.
- 7. Cook for 1 - 2 minutes on each side or until golden brown & crispy.
- 8. Drizzle 20g of BBQ sauce on top (or you can add the BBQ sauce inside the quesadilla after step 5) & enjoy!

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 494

CARBS: 39G

FATS: 19G

PROTEIN: 40G

25 MIN

LOW CALORIE & HIGH PROTEIN GARLIC PRAWN PIZZA

INGREDIENTS

- 1 Large White Lebanese Bread (Brand: Filla Bakery)
- 150g Cooked Prawns
- 1 Tbsp Garlic
- Parsley Flakes, Chilli Flakes, Oregano, Salt & Pepper
- 25g Pizza Sauce (Brand: Leggo's)
- Spinach
- 35g Low Fat Cheese (Brand: Bega 50% Less Fat Grated Cheese)
- 15g Chilli Sauce (Brand: Masterfoods)

DIRECTIONS

- 1. Start by adding 150g of cooked prawns into a bowl then add 1 Tbsp of garlic followed by a pinch of parsley flakes, chilli flakes, salt, pepper & mix everything together.
- 2. Bake 1 large lebanese bread (or large tortilla wrap) in the oven at 180 degrees celsius for 5 minutes. (doing this will ensure the bread is crispy & not floppy)
- 3. Once the bread is slightly baked spread 25g of pizza sauce evenly across the base then proceed to add the toppings.
- 4. Add a handful of spinach, 150g of prawns, 35g of low fat cheese, & more seasonings if you like.
- 5. Bake in the oven again for 8-10 minutes at 180 degrees celsius or until the cheese is melted.
- 6. Once you have taken it out the oven drizzle 15g of chilli sauce across the pizza & enjoy!

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 429

CARBS: 42G

FATS: 7G

PROTEIN: 45G

25 MIN

HIGH PROTEIN MEATBALL SUB

INGREDIENTS

- 70g Pasta Sauce (Brand: Keep It Cleaner Tomato, Garlic & Basil Pasta Sauce)
- 2 Tbsp Italian Seasoning (Brand: Masterfoods)
- 130g Less Than 2% Fat Turkey Mince (Brand: Inghams) can be substituted for lean chicken mince, macros will vary.
- 20g Light Cheese (Jarlsberg Lite Slices)
- 1 Hot Dog Roll (Brand: Coles Bakery Super Soft Jumbo Hot Dog Rolls)
- Finely Chopped Spinach (optional)

DIRECTIONS

- 1. Start by adding 130g of turkey mince into a bowl with 2 Tbsp of italian seasoning & mix everything together.
- 2. Using your hands break apart & shape the mince into balls.
- 3. Spray a pan with a bit of light cooking oil spray & cook the turkey mince on high heat. (due to the shape of the turkey balls you will need to roll them every 2 minutes or so to get them nice & brown all over)
- 4. Once cooked through add 70g of pasta sauce to the pan, lower the heat to the minimum heat level & mix the turkey mince & pasta sauce together.
- 5. Cut open a hot dog roll, place the turkey mince balls inside & add the left over pasta sauce on top.
- 6. Add 20g of light cheese on top then bake it in the oven at 200 degrees celsius for 5 minutes or until the cheese melts. (keep the hot dog roll open while it's baking)
- 7. Garnish with finely chopped spinach or your choice of vegetables & enjoy! Compared to a regular meatball sub from subway this has more than double the protein & has less calories!

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 438

CARBS: 32G

FATS: 11G

PROTEIN: 51G

35 MIN

MACRO FRIENDLY BUFFALO RANCH BURGER

INGREDIENTS

- 170g Chicken Breast (raw, 135g cooked)
- 50g Franks Red Hot Sauce
- 1 Serving Low Calorie Burger Thin(Brand: Tip Top)
- 20g Panko Crumbs
- 20g Ranch Dressing(Coles)
- 2 Tbsp Paprika
- 1 Tbsp Garlic Salt
- 1/2 Tbsp Pepper
- 25g Egg Whites (or regular egg)

DIRECTIONS

- 1. Start by seasoning 170g of chicken breast with 2 tbsp of paprika, 1 tbsp of garlic salt & 1/2 tbsp of pepper (coat the chicken breast on each side using your hands)
- 2. Place 20g of panko crumbs on a plate & on a seperate plate/bowl add 25g of egg whites. Once you have done that soak the chicken in the egg whites then coat it in the panko crumbs.
- 3. Bake the chicken breast in the air fryer at 180 degrees celsius for 15-20 minutes flipping halfway. (or bake in oven at 200 degrees celsius for around 25 minutes)
- 4. Once the chicken is cooked place 50g of Franks Hot Sauce into a bowl & coat the chicken in the hot sauce.
- 5. Air fry the chicken breast again for 2 minutes at the same temperature.
- 6. Now it's time to build the burger! Place the chicken breast on 1 of the low calorie burger thins, add 20g of ranch dressing then place the last burger thin on top & that's it, enjoy!

NUTRITIONAL INFORMATION

PER TACO
(4 TACOS)
CALORIES: 99
CARBS: 1G
FATS: 0G
PROTEIN: 9G

15 MIN

LOW CALORIE PRAWN TACOS

INGREDIENTS

- 130g Prawn/Shrimp
- Lemon, Herb & Garlic Seasoning (Brand: Masterfoods - or your choice of seasoning)
- Chilli Fakes
- Cajun Seasoning
- Parsley Flakes
- 4 Street Style Tortillas (Brand: Old El Paso White Corn Tortillas)
- 60g Red Cabbage (15g on each tortilla)
- 1/2 Diced Tomato
- 50g Diced Capsicum/Peppers
- 1 Handful of Baby Spinach
- 100g Low Fat Greek Yoghurt (Brand: YoPro)
- 1/2 Lime (juiced)
- Garlic Powder, Salt & Pepper

DIRECTIONS

- 1. Let's start off by making the sauce. In a blender cup add a handful of baby spinach, 100g of low fat greek yoghurt, lime juice (1/2 lime), 1 Tsp of garlic powder & a dash of salt & pepper.
- 2. Blend everything together until smooth & set aside.
- 3. In a bowl mix together 1/2 diced tomato & 50g of diced capsicum.
- 4. Then in a seperate bowl add 130g of prawns & season with lemon herb & garlic seasoning, cajun seasoning & parsley flakes. (or your choice of seasoning)
- 5. Mix the prawns & seasoning together then cook them on a non stick pan with the stove on medium heat for 2 - 3 minutes on each side. (if using a regular pan spray with light cooking spray)
- 6. Once the prawns are cooked set them to the side, wipe the pan with a paper towel & toast the tortillas on each side.
- 7. Add 15g of red cabbage on each tortilla followed by adding the prawns (3 - 4 prawns each tortilla) then spread the diced tomato & capsicum mix evenly across the tacos & finish it off by adding the sauce from step 2 & enjoy!

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 424

CARBS: 31G

FATS: 10G

PROTEIN: 50G

35 MIN

MACRO FRIENDLY GREEK CHICKEN BURGER

INGREDIENTS

- 130g Chicken Breast (raw, 100g cooked)
- 1 Brioche Bun (Brand: Aldi Brioche Bun - only 159 calories)
- 2 Slices Tomato
- 100g Low Fat Greek Yoghurt (Brand: YoPro Plain)
- 10g Reduced Fat Fetta Cheese (Brand: South Cape)
- Oak Lettuce
- 1/2 Tbsp Lemon Juice
- 15g Garlic Mince (or fresh garlic)
- Salt, Pepper, Smoked Paprika, Garlic Powder & Mint Flakes/Dried Mint

DIRECTIONS

- 1. In a bowl mix together 60g of low fat greek yoghurt, 1/2 tsp of salt, pepper, garlic powder & 1 tsp of smoked paprika. (this will be the marinade)
- 2. Cut 130g of chicken breast into a thin fillet then place it in the bowl with the yoghurt & marinate/coat the chicken completely.
- 3. In a seperate bowl mix together 40g of low fat greek yoghurt with 1/2 Tbsp of lemon juice, 10g of garlic mince & 1 tsp of mint flakes/dried mint. (this will be the sauce)
- 4. Spray a bit of cooking oil spray to a pan on high heat & cook the marinated chicken breast.
- 5. Once the chicken is cooked toast the bottom of each brioche bun using the same pan for 1 - 2 minutes.
- 6. Now it's time to build the burger! Start by adding oak lettuce to the bottom bun followed by 10g of reduced fat fetta cheese, cooked chicken breast, 2 slices of tomato, the yoghurt sauce from step 3 then top it off with the last bun & enjoy!

NUTRITIONAL INFORMATION

TOTAL (20 NUGGETS)

CALORIES: 616

CARBS: 5.6G

FATS: 22.3G

PROTEIN: 100G

20 MIN

4 INGREDIENT 100G PROTEIN TURKEY NUGGETS

INGREDIENTS

- 300g Less Than 2% Fat Turkey Mince (Brand: Inghams) can be substituted for lean chicken mince, macros will vary.
- 2 Eggs
- Garlic Powder, BBQ Seasoning, Smoked Paprika, Salt & Pepper (or your choice of seasonings)
- 50g Low Fat Cheese (Brand: Bega 50% Less Fat Grated Chees)
- Light Cooking Oil Spray

DIRECTIONS

- 1. In a large bowl add 300g of low fat turkey mince followed by 2 large eggs & 1 Tbsp of garlic powder, BBQ Seasoning, Smoked Paprika, Salt & Pepper.
- 2. Add 50g of low fat cheese & mix everything together.
- 3. Line a baking tray with baking paper & lightly spray it with light cooking oil spray.
- 4. Using your hands form the mince into 20 nuggets. (make sure your hands are wet while doing this, each nugget should weigh around 15g)
- 5. Bake in the air fryer at 200 degrees celsius for 10 - 12 minutes flipping half way & enjoy! (if you don't have an air fryer you can bake them in the oven at the same temperature but it will take an extra 5 - 10 minutes. Keep an eye on it and you will know once they are ready when the nuggets start to get golden brown like shown above - oven baking won't make them as crispy as an air fryer will.

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 565

CARBS: 37G

FATS: 19G

PROTEIN: 60G

30 MIN

HIGH PROTEIN CHICKEN ALFREDO PIZZA

INGREDIENTS

- 1 White Lebanese Bread/Flatbread (Brand: Filla Bakery White Lebanese Bread - or pita bread)
- 70g Blended Low Fat Cottage Cheese
- 60g Alfredo Sauce (Brand: Leggo's - or any store bought/home made alfredo sauce)
- Onion Powder, Garlic Powder, Parsley Flakes, Italian Seasoning (or your choice of seasoning)
- Fresh Basil
- 100g Cooked Chicken Breast (I used pre cooked chicken breast seasoned with all purpose seasoning)
- 40g Low Fat Cheese (Brand: Bega 50% Less Fat Grated Cheese)

DIRECTIONS

- 1. Start by blending 70g of low fat cottage cheese using a stick blender or food processor (i personally blend the cottage cheese while its still in the container using a stick blender)
- 2. Once blended into a smooth & creamy consistency add the cottage cheese into a bowl with 1 tsp of onion powder, garlic powder, parsley flakes & 60g of alfredo sauce.
- 3. Mix everything together until combines & set aside for now.
- 4. Grab a white Lebanese bread (or your choice of pizza base) & bake it in the oven at 180 degrees celsius for 4 - 5 minutes (this will ensure the base is crispy & not floppy)
- 5. Take the base out the oven once its slightly browned/crispy then spread 80% of the sauce evenly across the base (make sure to save around 20% of the sauce as you will be using that to drizzle on top of the pizza at the end)
- 6. Add 100g of cooked chicken breast, 40g of low fat cheese & a handful of fresh basil on top.
- 7. Bake in the oven again at 180 degrees celsius for 5 minutes (or until the cheese melts)
- 8. Drizzle the left over sauce at the very end & enjoy!

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 430

CARBS: 15G

FATS: 13G

PROTEIN: 57G

10 MIN

HIGH PROTEIN BUFFALO CHICKEN QUESADILLA

INGREDIENTS

- 1 Low Calorie Wrap/Tortilla (Brand: Simsons Pantry Low Carb Garlic Protein Wrap)
- 120g Cooked Shredded Chicken (Brand: Coles Slow Cooked Pulled Chicken - or cooked chicken breast)
- All In 1 Seasoning (or seasoning of choice)
- 2 Tbsp Franks Redhot Buffalo Sauce
- 1 Tbsp Ranch Seasoning (Brand: Deliciou)
- 25g Low Fat Cheese (Brand: Bega 50% Less Fat Grated Cheese)
- 60g Low Fat Cottage Cheese (blended)

DIRECTIONS

- 1. In a bowl add 120g of cooked shredded chicken, all in 1 seasoning, 2 tbsp of buffalo sauce & mix it together.
- 2. Using a hand mixer blend 60g of low fat cottage cheese & this will turn it into a thick, creamy sauce.
- 3. In a small bowl add the blended low fat cottage cheese with 1 Tbsp of ranch seasoning & mix it together.
- 4. Place the chicken on one half of the low calorie wrap with 25g of low fat cheese & drizzle the blended low fat cottage cheese/buffalo sauce on top.
- 5. Fold the empty side of the wrap over & toast it using a pan with the stove on high heat for 2 minutes & enjoy!

TO MAKE THE DIPPING SAUCE ABOVE MIX TOGETHER 50G OF BLENDED LOW FAT COTTAGE CHEESE & 1 TBSP OF RANCH SEASONING (OPTIONAL)

NUTRITIONAL INFORMATION

TOTAL
CALORIES: 348
CARBS: 24G
FATS: 10G
PROTEIN: 42G

15 MIN

LOW CALORIE & HIGH PROTEIN TUNA MELT

INGREDIENTS

- 1 Can Spring water Tuna (drained)
- Chilli Flakes & All In 1 Seasoning (or your choice of seasonings)
- 1/2 Tbsp Lemon Juice
- 10g Mustard
- 10g Light Mayonnaise (Brand: Praise 25% Less Sugar Mayo)
- 1 Tbsp Pickle Juice
- 20g Spring Onion
- 20g Diced Capsicum
- 1 Egg & 80g Egg Whites (or just regular eggs)
- 2 Slices Low Calorie Bread (Brand: Country Split)
- 1 Slice Low Fat Cheese (Brand: Bega So Light)

DIRECTIONS

- 1. Add a can of drained tuna into a bowl then add 1/2 Tsp of chilli flakes, 1 Tsp of All In 1 Seasoning, 1/2 Tbsp of lemon juice, 10g of mustard, 10g of light mayonnaise, 1 Tbsp of pickle juice, 20g spring onion, 20g of diced capsicum & mix it together with a spoon.
- 2. In a small seperate bowl mix together 1 egg & 80g of egg whites then cook it using a on stick pan on medium heat. (if you are using a regular pan spray with light cooking spray)
- 3. Just before the eggs are fully cooked place 2 slices of low calorie bread on top, let it sit for 1 minute then flip it over using a big spatula.
- 4. Sprinkle a bit more All In 1 Seasoning on top then add 1 slice of low fat cheese & the tuna mix. (place everything on one half)
- 5. Fold the sides of the eggs inwards to the middle, once both sides of the eggs are folded gently hold it down with your hand & using your other hand flip the other side of the bread over to create a sandwich. (this part may be a bit tricky)
- 6. Lower the heat & cook for 1 - 2 minutes on each side or until the bread is crispy & enjoy!

NOTE: IF AT ANY POINT YOU GET CONFUSED ON CERTAIN STEPS THERE IS A RECIPE VIDEO ON MY INSTAGRAM.

NUTRITIONAL INFORMATION

(PER SERVE)

2 SERVINGS

CALORIES: 561

CARBS: 35G

FATS: 15G

PROTEIN: 67G

35 MIN

HIGH PROTEIN CREAMY BUFFALO CHICKEN PASTA

INGREDIENTS

- 300g Raw Diced Chicken Breast (260g cooked)
- 130g Protein Pasta (Brand: San Remo Pasta Pro)
- All Purpose Seasoning & Smoked Paprika (or your choice of seasoning)
- 6 Servings Light Laughing Cow Cheese
- 35g Light Cream Cheese (Brand: Philadelphia Light 40% Less Fat)
- 50g Buffalo Sauce (Brand: Franks Redhot Buffalo Sauce)
- 50ml Skim Milk
- Fresh Parsley (optional)

DIRECTIONS

- 1. Start by cooking 130g of pasta as per instructions on the package.
- 2. While the pasta is cooking add 300g of diced chicken breast to a pan on high heat (lightly spray with cooking oil beforehand if you are not using a non stick pan)
- 3. Season the chicken breast with all purpose seasoning & smoked paprika.
- 4. Let the chicken cook through then lower the heat from high - medium.
- 5. Add 6 servings of light laughing cow cheese, 35g of light cream cheese & 30g of buffalo sauce.
- 6. Mix everything together until there is no clumps.
- 7. Add the cooked pasta & mix everything together again.
- 8. Add 20g of buffalo sauce again & 1/2 cup of pasta water.
- 9. Mix it together one more time & let it simmer on low heat for 2 - 3 minutes to make it nice & creamy. (add more pasta water if needed & mix)
- 10. Equally distribute into 2 servings & sprinkle with fresh parsley on top, Enjoy!

MULTIPLY THE INGREDIENTS BY X2 TO MAKE 4 SERVINGS. PERFECT FOR MEAL PREP!

NUTRITIONAL INFORMATION

PER BAGEL (4 BAGELS)

CALORIES: 181

CARBS: 26G

FATS: 1G

PROTEIN: 15G

50 MIN

LOW CALORIE & HIGH PROTEIN BAGELS

INGREDIENTS

- 130g Low Fat Greek Yoghurt (Brand: YoPro Plain)
- 190g Self Raising Flour (Brand: Vetta Smart Protein Self Raising Flour - any regular self raising flour will work)
- 1 Egg White
- Bagel Seasoning (Brand:Mingle Bagel Seasoning - optional)

DIRECTIONS

- 1. In a bowl add 130g of low fat greek yoghurt & 190g of self raising flour. Mix well until fully combined until a ball of dough remains.
- 2. Place the dough ball on a lightly floured surface & knead the dough using your hands for 2 - 3 minutes.
- 3. Cut the dough ball into 4 even pieces.
- 4. Using your hands roll each piece one by one into a thin rope shape & join both ends of the dough to form a bagel.(about the same thickness as regular store bought bagels)
- 5. Place each piece on a baking tray with baking paper.
- 6. Seperate 1 egg yolk from the egg white & place the egg white in a small bowl, dip a pastry brush in the egg white & coat each piece of the dough on top lightly.
- 7. Lightly sprinkle bagel seasoning on top of each piece of dough.
- 8. Bake in the oven at 180 degrees celsius for 20 - 25 minutes. Once cooked you can cut the bagel in half, add your favourite fillings & enjoy!

NUTRITIONAL INFORMATION

TOTAL
CALORIES: 391
CARBS: 29G
FATS: 6G
PROTEIN: 50G

30 MIN

LOW CALORIE STICKY BBQ CHICKEN STRIPS

INGREDIENTS

- 180g Raw Chicken Breast (150g cooked)
- 20g Mustard
- 30g Corn Flakes (crushed)
- 50g Franks Hot Buffalo Sauce
- 20g Stubb's BBQ Sauce (or any low calorie BBQ sauce)
- Salt & Pepper

DIRECTIONS

- 1. Start by cutting 180g of raw chicken breast into even strips like shown in the photo above.
- 2. Place the cut up chicken breast in a bowl & season with salt & pepper.
- 3. Add 20g of mustard into the bowl of chicken strips mix everything together. Make sure each piece of chicken is coated.
- 4. On a seperate plate add 30g of crushed corn flakes, one by one coat each piece of chicken into the crushed corn flakes.
- 5. Once each piece is marinated & coated bake in the air fryer at 180 degrees celsius for 15 minutes. (or oven at 200 degrees celsius for around 20 minutes)
- 6. While the chicken is cooking in a bowl add 50g of franks hot buffalo sauce with 20g of stubb's bbq sauce & mix that together.
- 7. Once the chicken is cooked soak each piece into sauce mixture one by one then place it back in the air fryer to bake for another 2-3 minutes & enjoy!

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 464

CARBS: 47G

FATS: 10G

PROTEIN: 40G

35 MIN

LOW CALORIE TERIYAKI CHICKEN STIR FRY

INGREDIENTS

- 130g Raw Chicken Breast (100g cooked)
- 80g Cooked White/Brown Rice (i used Sunrise Basmati quick rice)
- 60g Capsicum
- 30g Light Soy Sauce
- 1 Tsp Olive Oil
- 150g Cooked Cauliflower Rice
- 30g Green Beans (chopped)
- 30g Teriyaki Sauce (Brand: Masterfoods)
- Salt & Pepper

DIRECTIONS

- 1. Start by cutting 130g of raw chicken breast into small cubes.
- 2. Add 1 tsp of olive oil to a pan on high heat & cook the chicken breast. (7-10 minutes)
- 3. While the chicken is cooking slice 60g of capsicum into long thin pieces & cut 30g of green beans in half.
- 4. Once the chicken is cooked add salt, pepper & the vegetables to the pan & mix everything together.
- 5. Add 30g of teriyaki sauce & 30g of light soy sauce to the pan, mix everything together again & let it cook for another 5 minutes on medium heat.
- 6. After 5 minutes add 80g of cooked rice & 150 of cooked cauliflower rice to the pan & mix everything together to combine.
- 7. Add your choice of toppings (optional) such as sesame seeds or more vegetables & that's it, enjoy!

QUICK TIP!

TRY NOT TO OVER COOK THE CHICKEN OR IT MAY TURN OUT DRY! COOK IT ON MEDIUM-HIGH HEAT DEPENDING ON YOUR STOVE

NUTRITIONAL INFORMATION

(PER SERVE)

4 SERVINGS

CALORIES: 454

CARBS: 38G

FATS: 10G

PROTEIN: 50G

50 MIN

HIGH PROTEIN MEAL PREP PASTA BAKE

INGREDIENTS

- 500g Extra Lean Beef Mince
- 1 Egg
- 1 Slice Low Calorie Bread [blended into crumbs] (Brand: Simsons Pantry)
- Salt, Pepper, Oregano & Chilli Flakes
- 1 Tbsp Minced Garlic
- 250g Protein Pasta (Brand: San Remo Pasta Pro)
- Cherry Tomato, Mushroom, Spinach, Capsicum & Spring Onion (or your choice of vegetables)
- 200g Tomato Passata
- 35g Low Fat Fetta Cheese

DIRECTIONS

- 1. In a bowl add 500g of extra lean beef mince with 1 egg, 1 blended slice of bread, salt, pepper, chilli flakes & 1 tbsp of minced garlic.
- 2. Mix everything together & using your hands form the meat into small even balls.
- 3. Cook the meatballs on a pan on medium heat (non stick or normal pan with a drop of olive oil if needed)
- 4. Cook 250g of protein pasta while the meatballs are cooking. (cook the pasta using the instructions on the box)
- 5. Once the meatballs are cooked set them to the side in a bowl & chop up your choice of vegetables & amount that you desire, more vegetables = more volume!
- 6. Once the vegetables are chopped add them to the same pan you used to cook the meatballs & add 200g of tomato passata with a dash of salt, pepper & oregano.
- 7. Drain around 80% of the pasta water into the pan with the vegetables & mix it together.
- 8. Once everything is mixed together pour it all into a big baking dish & bake in the oven at 200 degrees celsius for 25 minutes.
- 9. Once baked take it out the oven & crumble 35g of fetta cheese across the pasta dish then place it back in the oven for 5 minutes & enjoy! Split into 4 servings perfect for meal prep.

NUTRITIONAL INFORMATION

(PER SERVE)

2 SERVINGS

CALORIES: 564

CARBS: 47.5G

FATS: 20G

PROTEIN: 44.5G

35 MIN

MACRO FRIENDLY CREAMY PESTO CHICKEN PASTA

INGREDIENTS

- 120g Spaghetti (Brand: Vetta High Fibre Spaghetti)
- 80ml Light Thickened Cream (Brand: Woolworths)
- 47g Basil Pesto (Brand: Leggo's)
- 60 Diced Red Onion
- 20g Minced Garlic (or fresh garlic)
- 240g Diced Chicken Breast (200g cooked)
- 20g Parmesan (Brand: Perfect Italiano)
- Pepper, Garlic Salt & Italian Seasoning (Brand: Masterfoods)
- 1 Tbsp Lemon Juice (optional)
- Parsley (optional)

DIRECTIONS

- 1. Start by cooking 120g of spaghetti (8 - 10 minutes) & while that's cooking in a small bowl season 240g of diced chicken breast with pepper, garlic salt, Italian seasoning & mix it together.
- 2. Lightly spray a pan with light cooking oil spray, turn the stove on high heat & add 60g of diced red onion, 20g of minced garlic & 240g of the diced & seasoned chicken breast.
- 3. Once the chicken is nearly cooked through turn the stove down to medium heat & add 80ml of light thickened cream, 47g of basil pesto, 1 Tbsp of lemon juice & stir everything together.
- 4. Turn the stove down to low heat, add the spaghetti (drained) to the pan with 1/2 cup of pasta water & stir once more.
- 5. Let it simmer on low heat for 2 - 3 minutes, equally distribute into 2 servings & sprinkle 10g of parmesan on each serving with some parsley & enjoy!

MULTIPLY THE INGREDIENTS BY X2 TO MAKE 4 SERVINGS. PERFECT FOR MEAL PREP!

NUTRITIONAL INFORMATION

TOTAL
CALORIES: 396
CARBS: 22G
FATS: 16G
PROTEIN: 39G

20 MIN

EASY LOW CALORIE & HIGH PROTEIN BREAKFAST SANDWICH

INGREDIENTS

- 2 Eggs (whisked)
- 2 Slices Low Calorie Bread (Brand: Country Split)
- 4 Slices Tomato
- 50g Slow Cooked Pulled Chicken (Brand: Coles)
- Spinach
- 30g Light Cheese (Brand: Bega 50% Less Fat Grated Cheese)
- All Purpose Seasoning

DIRECTIONS

- 1. Start by adding 2 eggs into a bowl & whisking with a fork.
- 2. Spray a pan with light cooking oil spray & pour the eggs in on medium heat.
- 3. While the eggs are still slightly runny add 2 slices of bread opposite each other.
- 4. After 1 minute flip the eggs & bread over.
- 5. Add 4 slices of tomato, 50g of slow cooked chicken, a handful of spinach & 30g of light mozzarella to only one side of the piece of bread.
- 6. Season with all purpose seasoning then fold the sides of the eggs inwards & flip one side of the bread over to create a sandwich.
- 7. Cook for another 30 seconds on each side to make sure the bread is toasted well & enjoy!

IF YOU GET STUCK ON ANY OF THESE STEPS CLICK HERE FOR A VIDEO TUTORIAL.

NUTRITIONAL INFORMATION

EACH (4 SERVINGS)

CALORIES: 218

CARBS: 25G

FATS: 3G

PROTEIN: 19G

20 MIN

LOW CALORIE CHEESY PROTEIN BREAD ROLLS

INGREDIENTS

- 100ml Unsweetened Almond Milk (or milk of choice)
- 190g Self Raising Flour (Brand: Vetta Protein Self Raising Flour)
- 60g Low Fat Grated Cheese (Brand: Bega 50% Less Fat Grated Cheese)
- 100g Low Fat Greek Yoghurt (Brand: YoPro)
- 1.5 Tbsp Oregano
- 1/2 Tsp Garlic Salt

DIRECTIONS

- 1. In a bowl add 100ml of unsweetened almond milk, 190g of self raising flour, 60g of low fat grated cheese, 100g of low fat greek yoghurt & 1 tbsp of oregano.
- 2. Mix everything together until a thick dough ball is formed.
- 4. Using your hands roll the dough into 4 smaller separate even balls & place them on a baking tray with baking paper.
- 5. Season each ball with 1/2 tsp of garlic salt & oregano then place in the oven & bake at 180 degrees celsius for 15 minutes & enjoy! (or until golden brown & crispy on the top)

I USED "VETTA PROTEIN SELF RAISING FLOUR" BUT ANY SELF RAISING FLOUR WILL WORK! MACROS WILL VARY DEPENDING ON THE BRAND BUT IT WILL STILL BE LOW IN CALORIES.

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 338

CARBS: 25G

FATS: 9G

PROTEIN: 34G

30 MIN

HUGE LOW CALORIE CHILLI GARLIC PRAWN BOWL

INGREDIENTS

- 200g Cooked Cauliflower Rice
- 70g Cooked Uncle Ben's Tex-mex Style Brown Rice Quinoa & Beans (or rice of choice)
- 80g Nandos Garlic Peri peri Sauce
- 200g Prawns
- 5g Garlic (diced)
- 1/2 Chilli (chopped)
- 1/2 Tsp Olive Oil (optional)
- 20g Spring Onion
- 1 Tsp Paprika

DIRECTIONS

- 1. Start by seasoning 200g of prawns with salt, paprika & parsley flakes.
- 2. Once the prawns are seasoned add 1/2 tsp of olive oil to a pan & cook the prawns on medium heat.
- 3. Place the prawns to the side on a plate once they are cooked & using the same pan add 80g of nandos garlic peri peri sauce with 5g of diced garlic. Simmer for 1-2 minutes & gently mix.
- 4. Add the prawns back into the pan with the sauce & mix together for another minute or two then place the prawns to the side again once marinated.
- 5. Using the same pan that the prawns were cooked in now add 200g of cooked cauliflower rice & 70g of cooked white/brown rice. Mix together for 1-2 minutes so that the leftover sauce from the prawns soaks into the rice mixture. (cook rice & cauliflower rice as per instructions on packaging, i used the microwave for both)
- 6. Now place the rice mix in a bowl & add the prawns on top with 20g of spring onion 5g of chopped chilli. This recipe can be made in larger batches for meal prep & customised to your own liking with different sauces & vegetables! Enjoy.

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 349

CARBS: 32G

FATS: 5G

PROTEIN: 40G

20 MIN

LOW CALORIE & HIGH PROTEIN GREEK TURKEY BURGER

INGREDIENTS

- 150g Turkey Breast Mince
- 1 Tbsp Diced Onion
- Smoked Paprika
- BBQ Seasoning or seasoning of choice (Brand: Bronte Blends)
- 25g Greek Yoghurt (Brand: YoPro Plain)
- Grated Cucumber
- Lemon Juice
- Dill
- Salt
- Pepper
- 1 Slice Tomato
- Sliced Onion
- Spinach
- 1 Gourmet Brioche Bun (Brand: Brioche Gourmet)

DIRECTIONS

- 1. Start by placing 150g of turkey breast mince into a bowl & mix with 1 tbsp of diced onion, smoked paprika & BBQ seasoning.
- 2. Using your hands mix the turkey mince together to combine the ingredients, once mixed form the turkey mince into a ball.
- 3. Using your hand flatten the ball to turn the mince into a patty.
- 4. To make the protein tzatziki sauce in a separate bowl mix together 25g of greek yoghurt, a tiny bit of grated cucumber, a drop of lemon juice, dill, salt & pepper. (or seasonings of choice, if you'd like to use store bought tzatziki or a different sauce for convenience you can)
- 5. Turn the stove on high heat & cook the turkey patty on a pan for a few minutes on each side or until brown.
- 6. Just before the patty is fully cooked place each brioche bun on the pan as well. (optional step, this is to make the bun warm & crispy)
- 7. Once the patty is cooked it's time to assemble your burger! Place the patty on the bun followed by the tzatziki sauce, tomato slice, spinach then the last bun & you're done. Enjoy!

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 490

CARBS: 44G

FATS: 15G

PROTEIN: 41G

25 MIN

LOW CALORIE BBQ MEAT LOVERS PIZZA

INGREDIENTS

- 1 Large White Lebanese Bread (Brand: Filla Bakery)
- 60g Extra Lean Beef Mince (45g cooked)
- 2 Tbsp Stubb's BBQ Sauce
- 25g Pizza Sauce (Brand: Leggo's)
- 35g Low Fat Grated Cheese (Brand: Bega)
- 40g Sliced Chicken (Brand: Thomson's Deli)
- 1 Serving (57g) Extra Lean Beef Chipolatas (Brand: Peppercorn the Good Food Company)
- Oregano
- Salt & Pepper

DIRECTIONS

- 1. Start by seasoning 150g of extra lean beef mince with salt & pepper.
- 2. Cook the beef mince using a pan on high heat for a few minutes, once cooked put aside.
- 3. Using the same pan cook 1 serving (57g) of extra lean beef chipolatas (sausages) once cooked cut the sausages into small pieces put aside with the cooked beef mince.
- 4. Bake 1 large lebanese bread (or large tortilla wrap/pizza base) in the oven at 180 degrees celsius for 5 minutes. (doing this will ensure the bread is crispy & not floppy)
- 5. Once the bread is slightly baked spread 25g of pizza sauce evenly across the base then proceed to add the toppings.
- 6. Start by adding 35g of low fat cheese then add the extra lean beef mince, beef chipolatas (sausages), 40g of sliced chicken & oregano on top.
- 7. Bake in the oven again for 5-10 minutes at 180 degrees celsius or until the cheese is melted.
- 8. Once you have taken it out the oven drizzle 2 tbsp of Stubb's BBQ sauce (or any low calorie BBQ sauce) across the pizza & enjoy!

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 417

CARBS: 44G

FATS: 4G

PROTEIN: 50G

35 MIN

HIGH PROTEIN CREAMY NANDOS CHICKEN PASTA

INGREDIENTS

- 70g Raw Chicken Breast (50g cooked)
- 80g San Remo Pasta Pro
- 35g Pasta Sauce (Brand: Keep It Cleaner)
- 60g Low Fat Cottage Cheese
- 1 Tbsp Nandos Peri Peri Hot Sauce (or any hot sauce)
- Parsley Flakes, Cajun Seasoning, Oregano, Nandos Peri Peri Seasoning (or seasonings of choice)

DIRECTIONS

- 1. Start by cutting 70g of raw chicken breast into small strips & seasoning lightly with paprika & Nandos peri peri seasoning.
- 2. Cook the chicken & set it to the side for now.
- 3. Cook 80g of protein pasta (as per instructions on the packaging)
- 4. While the pasta is cooking in a blender cup add 35g of pasta sauce, 60g of low fat cottage cheese, 1 tbsp of Nandos peri peri hot sauce, parsley flakes, cajun seasoning & oregano. (or your choice of seasonings & amount, i only added a light dash of each seasoning)
- 5. Blend it together & set the cup aside for now.
- 6. Once the pasta is cooked strain out the pasta water then add the pasta to a bowl with the blended sauce & mix everything together.
- 7. Pour the pasta onto a plate & add the cooked chicken breast on top & enjoy!

THIS IS A SINGLE SERVE RECIPE BUT CAN BE MADE IN A LARGER BATCH PERFECT FOR MEAL PREP!
STORE IN THE FRIDGE.

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 124

CARBS: 22G

FATS: 0G

PROTEIN: 4G

15 MIN

LOW CALORIE POTATO CHIPS

INGREDIENTS

- 250g Potatoes (Brand: Spud Lite - ''Spud Lite'' have 25% less carbs than regular potatoes but any potatoes will work)
- Salt (or seasonings of choice)
- Water
- 2 Cups Ice

DIRECTIONS

- 1. Start by cutting off the ends of the potatoes & slice them into thin slices (about as thin as paper, i used a mandoline slicer)
- 2. Fill a bowl with water (just past half way) & add 2 cups of ice then let the potatoes soak for 1 - 2 minutes. (this will remove the extra starch)
- 3. Place the potatoes on a plate with baking paper & sprinkle with salt or your choice of seasonings.
- 4. Place them in the microwave for 5 - 6 minutes flipping half way. (everyones microwaves are different so keep an eye on them, flip when you start seeing a golden brown crispy colour on top of the potato slices - this will ensure they are crispy)
- 5. Serve on it's own or with any low calorie dipping sauce & enjoy! The entire amount shown above is only 124 calories. Compared to regular potato chips this has 10x less calories!

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 500

CARBS: 14G

FATS: 19G

PROTEIN: 60G

15 MIN

HIGH PROTEIN CHEESY PIZZADILLA

INGREDIENTS

- 200g Egg Whites (Brand: Puregg Simply Egg Whites - I use carton egg whites but you can use regular eggs too)
- 1 Low Calorie Wrap/Tortilla (Brand: Simsons Pantry Lite Low Carb Wraps)
- 20g Pizza Sauce (Brand: Leggo's Garlic & Herb Tomato Sauce - or any tomato puree/paste or sauce)
- 40g Chorizo Salami (Brand: Provedore Mild Chorizo Salami - or turkey pepperoni)
- 35g Low Fat Cheese (Brand: Bega 50% Less Fat Grated Cheese)
- Oregano & All Purpose Seasoning (or your choice of seasoning)

DIRECTIONS

- 1. Add 200g of egg whites to a pan with the stove on high heat (I used a non stick pan, if you are using a regular pan spray the pan with light cooking oil spray beforehand so that the egg whites do not stick)
- 2. Let the egg whites cook for 2 - 3 minutes & just before they are fully cooked (still slightly runny at the top but cooked on the sides) place a low calorie wrap/tortilla on top.
- 3. Let it cook for 1 more minute then flip the wrap over so that the egg whites are now facing upwards & the wrap is on the pan cooking (using a spatula or placing a plate on top & turning the pan over. The video linked at the bottom of this page will show you how i do it)
- 4. Lower the heat from high to low then spread 20g of pizza sauce on one half of the wrap followed by oregano, all purpose seasoning, 40g of chorizo salami & 35g of low fat cheese.
- 5. Using a spatula fold the empty half of the wrap over & press down to let the cheese melt which will hold the quesadilla together.
- 6. Flip & cook on the other side for 2 - 3 minutes or until golden brown/crispy & enjoy!

NUTRITIONAL INFORMATION

TOTAL
CALORIES: 398
CARBS: 31G
FATS: 9G
PROTEIN: 40G

35 MIN

LOW CALORIE & HIGH PROTIEN KFC ZINGER WRAP

INGREDIENTS

- 130g Chicken Breast (100g cooked)
- 1 Low Calorie Wrap (Brand: Simsons Pantry)
- Salt, Pepper & Paprika
- 25g Franks Hot Sauce
- 15g Crushed Corn Flakes
- 20g 99% Fat Free Mayonnaise (Brand: Praise)
- 2 Tsp Sriracha
- 20g Coleslaw
- 4 Tortilla Chips (Brand: Mission Style Tortilla Triangles

DIRECTIONS

- 1. Start by seasoning 130g of chicken breast with salt, pepper & paprika on each side.
- 2. In a bowl add 25g of franks hot sauce & on a seperate plate add 15g of crushed corn flakes.
- 3. Soak the chicken breast in the franks hot sauce then coat it in the crushed corn flakes.
- 4. Bake the chicken in the air fryer at 180 degrees celsius for 15-18 minutes (or in the oven at 200 degrees celsius for 25-30 minutes)
- 5. In a small bowl mix together 20g of fat free mayonnaise & 2 tsp of sriracha sauce.
- 6. Once the chicken is cooked cut it into small strips.
- 7. Place 20g of coleslaw along the middle of a low calorie wrap then add the chicken, the sauce & 4 tortilla chips broken into small pieces & that's it! Enjoy.

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 420

CARBS: 31G

FATS: 9G

PROTEIN: 50G

30 MIN

LOW CALORIE & HIGH PROTEIN BBQ CHICKEN LOADED FRIES

INGREDIENTS

- 200g Potatoes (Brand: Spud Lite)
- 150g Cooked Pulled Chicken (Brand: Coles)
- Garlic & Herb Seasoning (or seasoning of choice)
- 2 Tbsp Stubb's BBQ Sauce (or any low calorie sauce)
- 35g Low Fat Grated Cheese (Brand: Bega 50% Less Fat Grated Cheese

Toppings: (optional)

- 20g Capsicum (chopped)
- Spring Onion & Parsley
- 20g Hot Chilli Sauce (Brand: Masterfoods)

DIRECTIONS

- 1. Start by cutting 200g of potatoes into thick french fry shapes, add them to a bowl & season with garlic & herb seasoning. Make sure to mix the potatoes around to coat them completely.
- 2. Bake in the air fryer for 10 - 15 minutes at 18- degrees celsius. (or bake in oven at 200 degrees celsius for around 25 minutes)
- 3. While the potatoes are baking add 150g of cooked pulled chicken into a bowl with 2 tbsp of BBQ sauce & mix it together.
- 4. Once the potatoes are cooked place them in a small oven safe baking dish & add the chicken on top.
- 5. Add 35g of low fat cheese in the middle & bake in the oven at 200 degrees celsius for 5 minutes (or until the cheese is melted)
- 6. Take it out the oven then add 20g of chopped capsicums, spring onion, parsley, 20g of hot chilli sauce & enjoy!

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 437

CARBS: 15G

FATS: 14G

PROTEIN: 57G

25 MIN

HIGH PROTEIN BUTTER CHICKEN QUESADILLA

INGREDIENTS

- 1 Low Calorie Wrap/Tortilla (Brand: Mission Low Gi + Protein Wrap)
- 120g Cooked Shredded Chicken (Brand: Coles Slow Cooked Pulled Chicken - or regular diced/shredded chicken breast)
- 60g Low Fat Greek Yoghurt (Brand: YoPro Plain)
- Cumin, Turmeric, Smoked Paprika & Pepper
- 10g Butter Chicken Paste (Brand: The Spice Tailor - or any flavoured curry paste)
- 25g Low Fat Cheese (Brand: Bega 50% Less Fat Grated Cheese)

DIRECTIONS

- 1. In a bowl add 60g of low fat greek yoghurt, 10g of butter chicken paste, 1/2 tsp of cumin, turmeric, smoked paprika & pepper.
- 2. Mix everything together then add 120g of cooked shredded chicken & mix that together as well.
- 3. Place the chicken mixture evenly on one half of the low calorie wrap.
- 4. Add 25g of low fat cheese on top & fold the empty side of the wrap over.
- 5. Toast the quesadilla using a pan with the stove on high heat for 2 minutes on each side or until golden brown/crispy & enjoy! (can also be toasted in a sandwich press, air fryer or anything you have available)

TO MAKE THE DIPPING SAUCE ABOVE MIX TOGETHER THE SAME AMOUNT OF LOW FAT GREEK YOGHURT, SEASONINGS & BUTTER CHICKEN PASTE IN A SMALL SEPERATE DIPPING BOWL. (OPTIONAL)

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 360

CARBS: 16G

FATS: 8G

PROTEIN: 52G

35 MIN

LOW CALORIE & HIGH PROTEIN NANDOS WRAP

INGREDIENTS

- 1 Low Calorie Wrap/Tortilla (Brand: Simsons Pantry)
- 120g Raw Chicken Breast (100g cooked)
- 1 Cheese Corn Thin/Rice Cake
- 75g Low Fat Cottage Cheese
- 20g Egg Whites (or regular egg)
- 30g Nandos Peri Peri Garlic Sauce
- Lettuce (or salad of choice)
- Parsley Flakes & Smokey BBQ Seasoning (or seasonings of choice)

DIRECTIONS

- 1. First we will start off by making the protein sauce. Blend 70g of low fat cottage cheese & add it to a small bowl then season with parsley flakes & bbq seasoning, mix well to combine. (or seasonings of choice)
- 2. Add 1 cheese corn thin/rice cake to a blender cup (make sure the blender cup is dry) & blend until it turns into a powder. Once blended pour the powder onto a plate.
- 3. On a seperate plate add 20g of egg whites.
- 4. Soak 120g of chicken breast in the egg whites then place the chicken breast in the blended corn thin powder & coat the chicken completely.
- 5. Bake the chicken breast in the air fryer at 180 degrees celsius for 15 minutes. (or in the oven at 200 degrees celsius for 20-25 min)
- 6. Pour 30g of nandos peri peri sauce into a separate bowl & once the chicken is cooked coat it in the nandos sauce.
- 7. Bake the chicken again for 2 minutes then take it out & cut it into small strips.
- 8. Now it's time to build your wrap! On a low calorie wrap add the salad/lettuce, the chicken & finish it off by drizzling the sauce on top & enjoy!

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 359

CARBS: 37G

FATS: 8G

PROTEIN: 30G

35 MIN

LOW CALORIE LOADED BAKED POTATO NACHOS

INGREDIENTS

- 300g Potatoes (Brand: Spud Lite)
- 150g Low Fat Cottage Cheese (blended)
- Garlic Salt & Pepper (or seasonings of choice)
- 50g Diced Bacon (Brand: Don)
- Low Calorie Cooking Spray (optional, i used avocado oil)
- Spring Onion

DIRECTIONS

- 1. Start by cutting 300g of potatoes into oval shapes (thick or thin depending on your liking)
- 2. Add the cut potatoes into a bowl & season with garlic salt & pepper. Mix everything together to coat the potatoes completely.
- 3. Place the potatoes on a baking tray with baking paper & spray the potatoes lightly with cooking spray (cooking spray is optional, this is to make the potatoes crispier)
- 4. Bake in the oven at 200 degrees celsius for 10-15 minutes.
- 5. Take the potatoes out the oven & flip each one over then place them all together closely like shown in the picture above.
- 6. Bake again for 5-10 Minutes
- 7. Take the potatoes out the oven & add the blended cottage cheese on top with 50g of diced bacon bits.
- 8. Bake in the oven one more time for 5-10 minutes to crisp up the bacon bits & melt the blended cottage cheese slightly.
- 9. Take the potatoes out the oven & top with spring onion (optional) & enjoy!

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 480

CARBS: 44G

FATS: 10G

PROTEIN: 51G

35 MIN

MACRO FRIENDLY PESTO CHICKEN PASTA

INGREDIENTS

- 80g San Remo Pasta Pro
- 70g Raw Chicken Breast (50g cooked)
- 90g Fresh Basil
- 2 Garlic Cloves
- 8g Roasted Pine Nuts
- 1/2 Tsp Lemon Juice
- 1/2 Tbsp Olive Oil
- Garlic Herb Seasoning (Brand: Bronte Blends - optional)
- Water
- 60g Low Fat Cottage Cheese (blended)

DIRECTIONS

- 1. Start by cutting 70g of raw chicken breast into small strips & seasoning lightly with garlic herb seasoning (or seasonings of choice)
- 2. Cook the chicken & set it to the side for now.
- 3. Cook 80g of protein pasta (as per instructions on the packaging)
- 4. While the pasta is cooking in a blender cup add 90g of fresh basil, 2 garlic cloves, 8g of roasted pine nuts, 1/2 tsp of lemon juice, 1/2 tbsp of olive oil, 1/2 tbsp garlic herb seasoning (optional) & water (the amount of water you use is up to you & your liking, i used about 1/3 of a cup. The less water you use the thicker the sauce will be & the more you use the thinner it will be)
- 5. Blend it together to create the low calorie pesto sauce.
- 6. Once the pasta is cooked strain out the pasta water then add the pasta to a bowl with 1/2 of the pesto sauce, 60g of blended low fat cottage cheese & mix it all together.
- 7. Pour the pasta onto a plate & add the cooked chicken breast on top & enjoy!

THIS IS A SINGLE SERVE RECIPE BUT CAN BE MADE IN A LARGER BATCH PERFECT FOR MEAL PREP.
STORE THE LEFTOVER PESTO SAUCE IN THE FRIDGE.

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 435

CARBS: 13G

FATS: 15G

PROTEIN: 61G

35 MIN

HIGH PROTEIN CHICKEN BACON RANCH QUESADILLA

INGREDIENTS

- 80g Low Fat Greek Yoghurt (Brand: YoPro Plain)
- 10g Chopped Spring Onion
- 1 Serving Light Laughing Cow Cheese (optional - makes it creamier)
- Onion Powder, Garlic Powder, All Purpose Seasoning & Ranch Seasoning (Brand: Deliciou - or your choice of seasonings)
- 120g Cooked Shredded Chicken (Brand: Coles Slow Cooked Pulled Chicken - or regular cooked & diced chicken breast)
- 40g Short Cut Bacon (Brand: Primo)
- 1 Low Calorie Wrap/Tortilla (Brand: Coles 70% Lower Carb Wraps)
- 25g Low Fat Cheese (Brand: Bega 50% Less Fat Grated Cheese)

DIRECTIONS

- 1. In a bowl add 80g of low fat greek yoghurt, 10g of chopped spring onion, 1 serving of light laughing cow cheese, 1 tsp of garlic powder, onion powder, all purpose seasoning, ranch seasoning & mix well to combine.
- 2. Add 120g of cooked shredded chicken into the bowl & mix again until the sauce & chicken have combined.
- 3. Set that bowl aside for now & to a pan on high heat cook 40g of short cut bacon until crispy (or cook using your preferred method such as an oven/air fryer)
- 4. Dice the bacon into small pieces once cooked & set aside.
- 5. Grab a low calorie wrap/tortilla & place the chicken mixture evenly on one half of the wrap.
- 6. Add 25g of low fat cheese. & the diced bacon bits on top then fold the empty side of the wrap over.
- 7. Toast the quesadilla using a pan with the stove on high heat for 2 minutes on each side or until golden brown/crispy & enjoy!

TO MAKE THE DIPPING SAUCE ABOVE MIX TOGETHER THE SAME AMOUNT OF LOW FAT GREEK YOGHURT & SEASONINGS IN A SMALL SEPERATE DIPPING BOWL THEN TOP WITH CHOPPED SPRING ONION. (OPTIONAL)

NUTRITIONAL INFORMATION

TOTAL
CALORIES: 456
CARBS: 34G
FATS: 9G
PROTEIN: 63G

30 MIN

LOW CALORIE SPICY CHICKEN TENDERS

INGREDIENTS

- 300g Chicken Tenderloins
- 1 Tsp Garlic salt
- 2 Tbsp Chilli flakes
- 1 Tsp Paprika
- 1 Tsp Parsley Flakes
- 40g Crushed Corn Flakes
- 30g Egg Whites
- 60g Sweet Baby Rays Buffalo Wing Sauce

DIRECTIONS

- 1. Preheat the oven to 200 degrees celsius.
- 2. Add 300g of chicken tenderloins to a bowl then season with 1 tsp of garlic salt, 1 tsp of paprika, 1 tsp of parsley flakes & 2 Tbsp of chilli flakes.
- 3. Mix the chicken tenderloins & seasonings together and put aside for now.
- 4. On a seperate plate crush 40g of corn flakes & in another separate bowl add 30g of egg whites.
- 5. One by one soak each chicken tenderloin in the egg whites then place it on the plate with crushed corn flakes. Roll the chicken tenderloin around in the crushed corn flakes till covered completely.
- 6. Repeat the process with all chicken tenderloins.

RECIPE CONTINUED ON NEXT PAGE

MACROS PER SERVE:
(6 CHICKEN TENDERS)
76 CAL | 10.5gP | 5.7gC | 1.5gF

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 456

CARBS: 34G

FATS: 9G

PROTEIN: 63G

30 MIN

LOW CALORIE SPICY CHICKEN TENDERS

INGREDIENTS

- 300g Chicken Tenderloins
- 1 Tsp Garlic Salt
- 2 Tbsp Chilli Flakes
- 1 Tsp Paprika
- 1 Tsp Parsley Flakes
- 40g Crushed Corn Flakes
- 30g Egg Whites
- 60g Sweet Baby Rays Buffalo Wing Sauce

DIRECTIONS

- 7. Place the chicken tenderloins on a baking tray with baking paper & bake in the oven at 200 degrees celsius for 20 - 25 minutes.
- 8. Take it out the oven & drizzle 60g of Sweet Baby Rays buffalo wing sauce across the crunchy chicken tenders, enjoy!

MACROS PER SERVE:
(6 CHICKEN TENDERS)
76 CAL | 10.5gP | 5.7gC | 1.5gF

NUTRITIONAL INFORMATION

PER SERVE (2 SERVINGS)

CALORIES: 566

CARBS: 56G

FATS: 9G

PROTEIN: 63G

50 MIN

HIGH PROTEIN CREAMY CHICKEN ALFREDO PASTA

INGREDIENTS

- 130g Chicken Breast (100g cooked - 50g cooked per serving)
- Garlic & Herb Seasoning (Brand: Masterfoods)
- Oregano
- 200g Low Fat Cottage Cheese
- 2 Servings Light Laughing Cow Cheese
- 80ml Skim/Low Fat Milk (Brand: Devondale)
- 20g Low Fat Cheese (Brand: Bega 50% Less Fat Grated Cheese)
- 200g Protein Pasta (100g per serve - Brand: San Remo Pasta Pro)
- Parsley Flakes (optional)

DIRECTIONS

- 1. Start by cooking 200g of protein pasta (as per instructions on the package)
- 2. While the pasta is cooking in a blender cup add 200g of low fat cottage cheese, 2 servings of light laughing cow cheese, 80ml of skim milk, oregano & garlic herb seasoning. Blend it together for 1 - 2 minutes until you have a thick creamy sauce & set it aside.
- 3. Season 130g of chicken breast with garlic & herb seasoning.
- 4. Spray a pan with light cooking oil & cook the chicken on high heat, once cooked set it aside.
- 5. Lower the stove heat from high to low & add the blended sauce from step 2 to the pan.
- 6. Add 20g of low fat cheese & stir gently for 2 minutes.
- 7. Pour in some pasta water into the pan & mix together for 1 minute. (the salty, starchy water not only adds flavour but helps glue the pasta & sauce together, it will also help thicken the sauce)
- 8. Add 200g of cooked pasta, stir for 1 minute then let it simmer for 1 more minute.
- 9. While its simmering slice the chicken breast into thin long pieces.
- 10. Evenly distribute the pasta in half, add it to a plate with half of the chicken breast slices on top & garnish with parsley flakes. Enjoy!

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 386

CARBS: 19G

FATS: 12G

PROTEIN: 46G

20 MIN

LOW CALORIE & HIGH PROTEIN BREAKFAST TOASTED WRAP

INGREDIENTS

- 200g Egg Whites (Brand: Puregg from Woolworths)
- 1 Low Calorie Wrap/Tortilla (i used the brand Simsons Pantry)
- 20g Baby Spinach
- 50g Honey Leg Ham (Brand: Primo)
- 1/2 Chopped Tomato
- 25g Low Fat Cheese (Brand: Bega 50% Less Fat Grated Cheese)
- 1 Tsp Chilli Flakes
- 1 Tsp Garlic Salt
- 1 Tsp Pepper
- 20g Nandos Perinaise Sauce (Woolworths)
- 1/2 Tsp Parsley Flakes

DIRECTIONS

- 1. Start by cooking 200g of egg whites on a non stick pan with the stove on high heat. (normal pan can be used but will require non stick spray/oil & calories will vary)
- 2. Season egg whites with 1 tsp of chilli flakes, 1 tsp of garlic salt & 1 tsp of pepper.
- 3. Once the egg whites are cooked & aren't liquidy place 1 low calorie wrap on top of the egg whites.
- 4. Let it cook for another minute then flip the wrap over so that the wrap is on the bottom of the pan.
- 5. From here you are only going to be concentrating on adding the rest of the ingredients to ONE half of the wrap as you will be folding it later on.

RECIPE CONTINUED ON NEXT PAGE

NOTE: IF AT ANY POINT YOU GET CONFUSED ON CERTAIN STEPS THERE IS A RECIPE VIDEO ON MY INSTAGRAM.

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 386

CARBS: 19G

FATS: 12G

PROTEIN: 46G

20 MIN

LOW CALORIE & HIGH PROTEIN BREAKFAST TOASTED WRAP

INGREDIENTS

- 200g Egg Whites (Brand: Puregg from Woolworths)
- 1 Low Calorie Wrap/Tortilla (i used the brand Simsons Pantry)
- 20g Baby Spinach
- 50g Honey Leg Ham (Brand: Primo)
- 1/2 Chopped Tomato
- 25g Low Fat Cheese (Brand: Bega 50% Less Fat Grated Cheese)
- 1 Tsp Chilli Flakes
- 1 Tsp Garlic Salt
- 1 Tsp Pepper
- 20g Nandos Perinaise Sauce (Woolworths)
- 1/2 Tsp Parsley Flakes

DIRECTIONS

- 6. Add 20g of baby spinach, 50g of honey leg ham, 1/2 chopped tomato & 25g of low fat cheese on one side of the wrap.
- 7. Using a wooden spatula fold the empty side of the wrap over & press down with the spatula. Let it cook for 1 minute then flip the wrap over & let the other side cook for 1 minute as well.
- 8. Finish off by drizzling 20g of Nandos Perinaise sauce across your wrap & add top with 1/2 tsp of parsley flakes & enjoy! (toppings are optional & customizable)

NOTE: IF AT ANY POINT YOU GET CONFUSED ON CERTAIN STEPS THERE IS A RECIPE VIDEO ON MY INSTAGRAM.

LOW CALORIE & HIGH PROTEIN XMAS STYLE PIZZA

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 456

CARBS: 44G

FATS: 15G

PROTEIN: 30G

25 MIN

INGREDIENTS

- 50% Lower Carb High Protein Pizza Base (Woolworths)
- 30g Bega 50% Less Fat Grated Cheese
- 10g Capsicum
- 20g Rocket
- 5 Cherry Tomatoes (Cut in half)
- 5g Sundried Tomato
- 10g Red Onion
- 35g Sweet Baby Rays Honey Chipotle Sauce
- 20g Sliced Honey Leg Ham (Primo)
- 1 Tsp Oregano
- 1 Tsp Garlic Salt

DIRECTIONS

- 1. Start by baking the pizza base in the oven on its own at 180 degrees celsius for 5 minutes, this will ensure the pizza is nice & crispy!
- 2. Take the pizza base out the oven & spread 35g of Sweet Baby Rays honey chipotle sauce on the pizza base.
- 3. Add 10g of rocket, 5 cherry tomatoes, 10g of red capsicum, 10g of onion & season with 1 tsp of oregano & 1 tsp of garlic salt.
- 4. Now add 20g of sliced honey leg ham & 30g of low fat cheese.
- 5. Bake in the oven at 180 degrees for 10-15 minutes. (check every few minutes to decide when to take the pizza out depending on your desired texture, just make sure it doesn't burn)
- 6. Place 10g of rocket around the crust like shown in the picture above & enjoy your Xmas style pizza!

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 204

CARBS: 27G

FATS: 4G

PROTEIN: 9G

20 MIN

LOW CALORIE GARLIC PARMESAN POTATO CHIPS

INGREDIENTS

- 300g Potatoes (Brand: Spud Lite - "Spud Lite" have 25% less carbs than regular potatoes but any potatoes will work)
- Garlic Salt, Italian Seasoning & Cheese Seasoning (Brand: "Deliciou" or seasonings of choice)
- Water
- 2 Cups Ice

DIRECTIONS

- 1. Start by cutting off the ends of the potatoes & slice them into thin slices (about as thin as paper, i used a mandoline slicer)
- 2. Fill a bowl with water (just past half way) & add 2 cups of ice then let the potatoes soak for 1 - 2 minutes. (this will remove the extra starch)
- 3. Place the potatoes on a plate with baking paper & sprinkle with garlic salt, Italian seasoning or your choice of seasonings.
- 4. Place them in the microwave for 5 - 6 minutes flipping half way, at the half way mark take them out then flip the potato slices over & add more seasonings to the other side before continuing to microwave. (everyones microwaves are different so keep an eye on them, flip when you start seeing a golden brown crispy colour on top of the potato slices - you may need to microwave them for slightly longer to ensure they are crispy)
- 5. Serve on it's own or with any low calorie dipping sauce & enjoy!

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 652

CARBS: 58G

FATS: 13G

PROTEIN: 72G

25 MIN

EASY CHEESY BUFFALO GARLIC BREAD

INGREDIENTS

- 70g Plain Flour (Brand: Vetta Smart Plain Flour - or any plain four:
- 5g Baking Powder
- 10g Minced Garlic (or finely diced fresh garlic)
- 100g Egg Whites
- 140g Plain Low Fat Greek Yoghurt (Brand: YoPro Plain)
- 70g Low Fat Cottage Cheese (Blended)
- 12g Coconut Flour (Brand: Coco Earth Organic Flour)
- 2 Tbsp Italian Herbs Seasoning (Brand: Masterfoods)
- 2 Tbsp Franks Red Hot Buffalo Sauce (or your choice of buffalo/hot sauce)
- 60g Low Fat/Light Cheese (Brand: Bega 50% Less Fat Grated Cheese)

DIRECTIONS

- 1. Start by sifting 70g of plain flour into a bowl with 12g of coconut flour & 5g of baking powder.
- 2. Mix everything together & make sure there is no lumps or clumps.
- 3. Now add 100g of egg whites & 140g of plain low fat greek yoghurt & mix everything together until you have a thick paste like texture,
- 4. Place the mixture on a baking tray with baking paper & spread it out using a wet spatula into whatever shape you want the bread to be just make sure that the mixture is not too thin. (i made mine into a rectangle)
- 5. Bake in the oven at 230 degrees celsius.
- 6. While its baking, in a small bowl mix together 70g of blended low fat cottage cheese, 2 Tbsp of buffalo sauce & 10g of minced garlic.
- 7. After 10 minutes take the base out the oven & spread the sauce on top evenly all the way to the edges of the crust.
- 8. Add 60g of low fat cheese on top then sprinkle 2 Tbsp of Italian herbs seasoning.
- 9. Bake it in the oven again for 5 - 7 minutes at the same temperature or until golden brown & enjoy!

IF YOU DON'T LIKE THE TEXTURE OF COTTAGE CHEESE, BLENDING IT WILL TURN IT INTO THE SAME TEXTURE AS CREAMY SAUCE! I PERSONALLY USE AN ELECTRIC HAND HELD BLENDER. THE MACROS ARE FOR THE ENTIRE GARLIC BREAD. YOU CAN CHOOSE TO CUT IT IN HALF & SAVE THE REST FOR LATER OR CUT IT INTO SMALLER PIECES LIKE SHOWN ABOVE IF YOU WANT TOO. (EXAMPLE - 8 PIECES = 81.5 CALORIES EACH WITH 9G OF PROTEIN.

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 466

CARBS: 37G

FATS: 16G

PROTEIN: 34G

20 MIN

LOW CALORIE HAWAIIAN PIZZA

INGREDIENTS

- 1 50% Lower Carb High Protein Pizza Base (Woolworths)
- 20g Sliced Honey Leg Ham (Brand: "Don")
- 60g Cubed Pineapples (Brand: "Dole")
- 45g Bega 50% Less Fat Grated Cheese
- 40g Leggo's Garlic, Onion & Herbs Pizza Sauce
- 1 Tsp Oregano

TO COMPARE, A HAWAIIAN PIZZA FROM DOMINO'S HAS 1063 CALORIES..THIS RECIPE SAVES YOU 597 CALORIES!

DIRECTIONS

- 1. Start by preheating the oven to 220 degrees celsius.
- 2. While the oven is preheating, lay out the pizza base & spread 40g of pizza sauce evenly across the base then sprinkle 1 tsp of oregano on top.
- 3. Grab 20g of sliced honey leg ham, rip it apart into small pieces with your hands & place it evenly around the pizza base.
- 4. Spread 45g of low fat cheese & 60g of cubed pineapples on top. (If the cubed pineapples are too big for your liking you can cut them into even smaller pieces with a knife)
- 5. Once the hawaiian pizza is assembled, turn the oven down to 180 degrees celsius (fan forced) & bake for 10-12 minutes or until golden. (keep your eye on it every few minutes)
- 6. Take it out the oven once the pizza is cooked & enjoy!

NUTRITIONAL INFORMATION

TOTAL
CALORIES: 464
CARBS: 40G
FATS: 12G
PROTEIN: 44G

45 MIN

HIGH PROTEIN ONE POT HONEY SOY CHICKEN STIR FRY

INGREDIENTS

- 130g Diced Chicken Breast (100g cooked)
- 1 Tsp Olive Oil
- 20g Chopped Zucchini
- 30g Chopped Red Onion
- 50g Diced Capsicum/Peppers
- 10g Garlic Mince (or fresh garlic)
- 100g Cauliflower Rice
- 15ml Soy & Honey Sauce (Brand: Fountain)
- 30ml Light Soy Sauce (Brand: Kroger)
- 1 Egg
- 75g Cooked White Rice
- Sesame Seeds & Spring Onion (optional - only added for visual representation)

DIRECTIONS

- 1. Start by adding 1 tsp of olive oil to a pan with the stove on high heat, once the pan is hot add 130g of diced chicken breast.
- 2. Once the chicken is nearly cooked through set it to the side of the pan, turn the heat down to medium & in the middle add 20g of chopped zucchini, 20g of chopped red onion, 50g of diced capsicum/peppers & 10g of garlic mince.
- 3. Mix the vegetables together, let them cook for 1 minute.
- 4. Add 100g of cauliflower rice to the middle with the vegetables then mix everything together including the chicken.
- 5. Add 15ml of soy & honey sauce, 30ml of light soy sauce & mix together.
- 6. Push everything to the side of the pan, add 1 egg & scramble while cooking on the empty side of the pan. After about 30 seconds start mixing everything on the pan together.
- 7. Add 75g of cooked white rice on top, mix everything together one more time then add to a bowl & enjoy! (Garnish with a sprinkle of sesame seeds & some diced spring - optional & not necessary taste wise)

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 398

CARBS: 20G

FATS: 11G

PROTEIN: 50G

45 MIN

LOW CALORIE & HIGH PROTEIN SPICY NANDOS STIR FRY

INGREDIENTS

- 150g Diced Chicken Breast (120g cooked)
- 75g Frozen Mixed Vegetables (Brand: Birds Eye)
- 200g Cauliflower Rice (Brand: Coles Kitchen)
- Onion Powder, Garlic Salt, Cajun Seasoning (or seasonings of choice)
- 1 Small Egg
- 15g Light Soy Sauce
- 35g Nandos Extra Hot Peri Peri Sauce
- 25g Light Sweet Chilli Sauce (Brand: Ayam)
- Chilli, Chives, Sriracha (optional topping)

DIRECTIONS

- 1. Start by seasoning 150g of diced chicken breast with onion powder, garlic salt & cajun seasoning.
- 2. Spray a pan with light cooking oil spray & cook the chicken breast on high heat.
- 3. Once the chicken is cooked set it to the side in a small bowl.
- 4. To the same pan add 75g of frozen mixed vegetables, 200g of cauliflower rice & season with onion powder, garlic salt & cajun seasoning. (don't be shy with the seasoning on this step! it is key to making the cauliflower rice have a lot of flavour)
- 5. Mix everything on the pan together & let it cook for 2 - 4 minutes.
- 6. Push the cauliflower rice & mixed vegetables to the side of the pan, crack in 1 egg & scramble it. Just before the egg is fully cooked mix it together with the cauliflower rice & mixed vegetables to create a stir fry,
- 7. Add the chicken back to the pan then add 15g of light soy sauce, 35g of nandos hot sauce, 25g of light sweet chilli sauce & gently mix everything together to combine.
- 8. Add everything to a plate & garnish with chilli, chives & sriracha (optional) Enjoy!

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 456

CARBS: 44G

FATS: 15G

PROTEIN: 30G

30 MIN

LOW CALORIE & HIGH PROTEIN LOADED GRILLED CHICKEN

INGREDIENTS

- 48g Fresh Mozzarella (La Casa Del Formaggio)
- 1/2 Sliced Tomato
- 1 Tsp Olive Oil
- 1 Tsp Parsley Flakes
- 1 Tsp Paprika
- 2g All Purpose Seasoning (Masterfoods)
- 300g Chicken Breast (weighed raw, 270g cooked)

DIRECTIONS

- 1. With a knife cut 4 slices on top of the chicken breast to create 4 pockets like shown in the picture above. (make sure not to cut all the way through, cut through just after half way)
- 2. Preheat the oven to 220 degrees celsius on fan grill.
- 3. For this recipe you will be using both the stove & the oven. Start by turning the stove on high heat & adding 1 tsp of olive oil to a pan.
- 4. Cook the chicken for 5 minutes on each side of the pan (or until golden brown)
- 5. Take the chicken breast & set it on a plate, let it cool for a few minutes & add 24g of mozzarella in one pocket then add 1 slice of tomato into the next pocket & repeat the process for the next 2 pockets in the chicken.
- 6. Season the chicken with 1/2 tsp paprika & 1/2 tsp of all purpose seasoning.
- 7. Place the filled chicken breast in the oven & cook for 10-15 minutes at 220 degrees celsius.
- 8. Take the chicken out the oven & sprinkle 1/2 tsp of paprika, 1/2 tsp of all purpose seasoning, 1 tsp of parsley flakes & enjoy! (can be stored in fridge)

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 429
CARBS: 42G
FATS: 12G
PROTEIN: 35G

35 MIN

LOW CALORIE AND HIGH PROTEIN MAC & CHEESE

INGREDIENTS

- 80g San Remo Pasta Pro Multigrain Protein Pasta
- 100ml Unsweetened Almond Milk
- 25g Philadelphia Light Cream Cheese
- 1 Serving Light Laughing Cow Cheese
- 20g Light Mozzarella Cheese (Coles)
- 1 Tsp Salt
- 1 Tsp Parsley Flakes
- 1/2 Tsp Pepper

THIS MEAL IS LESS THAN 500 CALORIES! COMPARED TO MOST TRADITIONAL MAC & CHEESE RECIPES THAT ARE 800+ CALORIES

DIRECTIONS

- 1. Fill a large saucepan with water, put the lid on & set the stove to high heat. Add 80g of protein pasta then let it cook for 12-15 minutes.
- 2. While the pasta is cooking on a separate pan on high heat add 100ml of unsweetened almond milk, 25g of Philadelphia light cream cheese & 1 serving of light laughing cow cheese.
- 3. After 30 seconds season with 1 tsp of salt, 1/2 tsp of pepper & 1/2 tsp of parsley flakes then add 20g of light mozzarella cheese & stir slowly on medium heat for a few minutes until it thickens.
- 4. Once the cheese is bubbling & slightly thicker, strain the pasta & add it to the other pan with melted cheese & stir everything together on medium heat so the pasta & cheese combines. Keep stirring until the cheese is as thick as possible & stringy.
- 5. Sprinkle with 1/2 tsp of parsley flakes & enjoy!

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 397

CARBS: 40G

FATS: 9G

PROTEIN: 34G

35 MIN

LOW CALORIE CHICKEN HSP SNACK PACK

INGREDIENTS

- 250g Baby Spud Lite Potatoes
- 75g Pulled Chicken (Primo)
- 1 Tbsp Lite Sour Cream
- 20g Honey Chipotle Sauce (Sweet Baby Rays)
- 20g Chilli Sauce (Master Foods)
- 1 Tsp All Purpose Seasoning (Master Foods)
- 1 Tsp Paprika
- 40g Bega 50% Less Fat Grated Cheese

HSP SNACK PACKS ARE ESTIMATED TO HAVE OVER 1000 CALORIES JUST FOR A SMALL SIZE! (DEPENDING ON TOPPINGS, SAUCES ETC) ENJOY MY LOWER CALORIE VERSION FOR LESS THAN 400!

DIRECTIONS

- 1. Start by preheating the oven to 220 degrees celsius.
- 2. Weigh 250g of spud lite potatoes & cut them into french fry shapes.
- 3. Add the cut up potato into a bowl & season with 1 tsp of paprika & 1 tsp of all purpose seasoning.
- 4. Mix together to coat the fries & place on a baking tray with baking paper.
- 5. Bake the potatoes in the oven at 220 degrees celsius for 15-20 minutes. (or until golden brown & crispy)
- 6. While the potatoes are baking, in a bowl add 75g of pulled chicken & mix with 20g of Sweet Baby Rays honey chipotle sauce.
- 7. Once the potatoes are baked place them in a oven safe baking dish, Sprinkle 75g of pulled chicken on top then add 40g of low fat cheese.
- 8. Bake in the oven again at 220 degrees celsius for 5 minutes. (or until cheese has melted)
- 9. Once the cheese has melted take it out the oven & drizzle 1 Tbsp of lite sour cream & 20g of chilli sauce on top & enjoy!

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 493

CARBS: 42G

FATS: 20G

PROTEIN: 33G

25 MIN

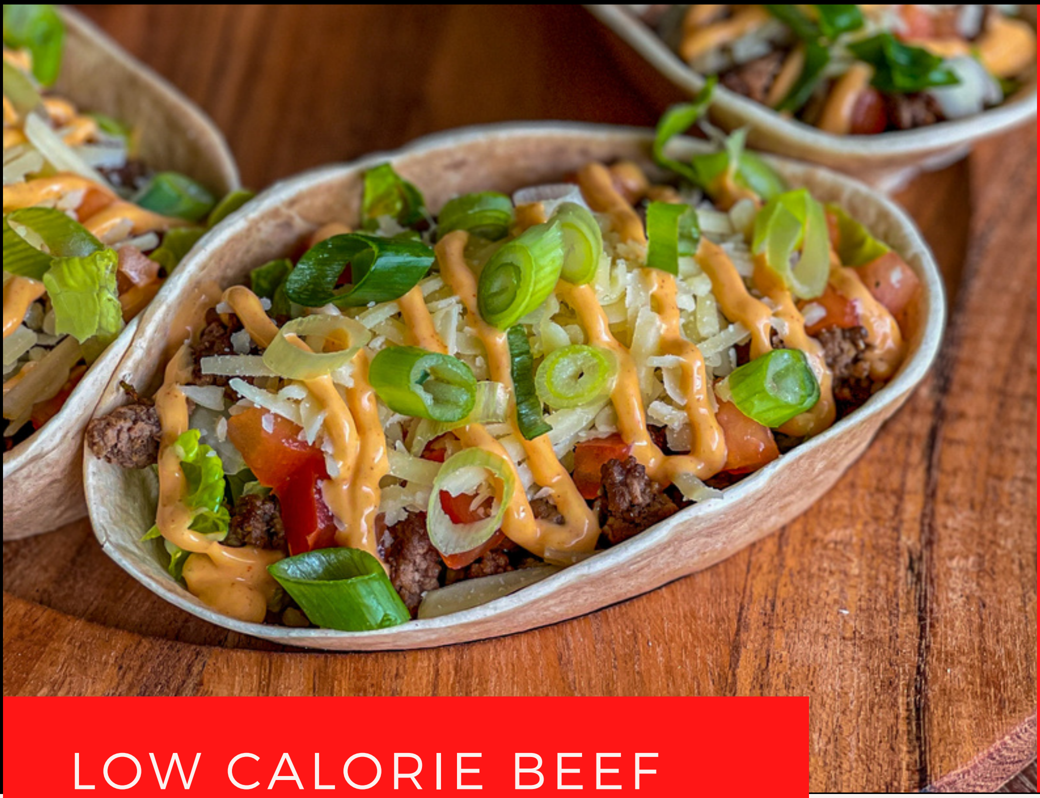
LOW CALORIE & HIGH PROTEIN SPICY VEGETARIAN PIZZA

INGREDIENTS

- 1 50% Lower carb High Protein Pizza Base (Woolworths)
- 55g Cherry Tomatoes
- 50g Red Capsicum
- 40g Garlic, Onion & Herbs Pizza Sauce (Leggo's)
- 2g Garlic
- 50g Sliced Mushrooms
- 40g Bega 50% Less Fat Grated Cheese
- 5g Jalapeno
- 10g Chilli Sauce (Masterfoods)
- 1 Tsp Oregano
- 1 Tsp Salt
- 1 Tsp Pepper

DIRECTIONS

- 1. Start by preheating the oven to 220 degrees celsius.
- 2. While the oven is preheating lay out the pizza base & spread 40g of pizza sauce evenly across the base then sprinkle 1 tsp of oregano.
- 3. Spread 40g of low fat cheese evenly over the pizza base & add 55g of cherry tomatoes, 50g of red capsicum, 50g of sliced mushrooms, 5g of jalapenos & 2g of garlic on top.
- 4. Season with 1 tsp of salt & pepper then bake in the oven at 180 degrees celsius for 10-15 minutes. (or until golden brown & cheese has melted, keep an eye on the edges of the crust)
- 5. Finish off by drizzling 10g of chilli sauce over the pizza & enjoy this amazing spicy vegetarian pizza for less than 400 calories for the WHOLE pizza!



NUTRITIONAL INFORMATION

TOTAL (3 BOATS)

CALORIES: 489
CARBS: 34G
FATS: 35G
PROTEIN: 37G

20 MIN

LOW CALORIE BEEF TACO BOATS

INGREDIENTS

- 3 Stand n Stuff Taco Shells (Old El Paso)
- 45g Bega 50% Less Fat Grated Cheese
- 30g Nandos Perinaise Sauce
- 1g Vegeta (Or seasoning of choice)
- 15g Spring Onion
- 30g Diced Tomato
- 100g Extra Lean Beef Mince (weighed raw)
- 60g Shredded Iceberg Lettuce

DIRECTIONS

- 1. Start by weighing out 100g of raw extra lean beef mince & seasoning with 1g of vegeta (or choice of seasoning)
- 2. Using a non stick pan with the stove on high heat cook the extra lean beef mince for around 7 - 10 minutes.
- 3. While the mince is cooking chop the vegetables & get all the other ingredients ready.
- 4. Once the mince is cooked it's time to build the taco boat. Start by placing 20g of shredded iceberg lettuce at the bottom of 1 of the taco boat shells then adding 25g of cooked mince, 10g of diced tomato, 15g of low fat cheese, 5g of spring onion & top it off by drizzling 10g of Nandos perinaise sauce.
- 5. Repeat the process on step 4 to build the other 2 taco boats using the exact same measurements & enjoy!

MACROS PER SERVE:
(1 Taco Boat)
163 CAL | 12.4gP | 11.3gC | 11.5gF

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 406

CARBS: 16G

FATS: 23G

PROTEIN: 39G

20 MIN

LOW CALORIE & HIGH PROTEIN BIG MAC SALAD

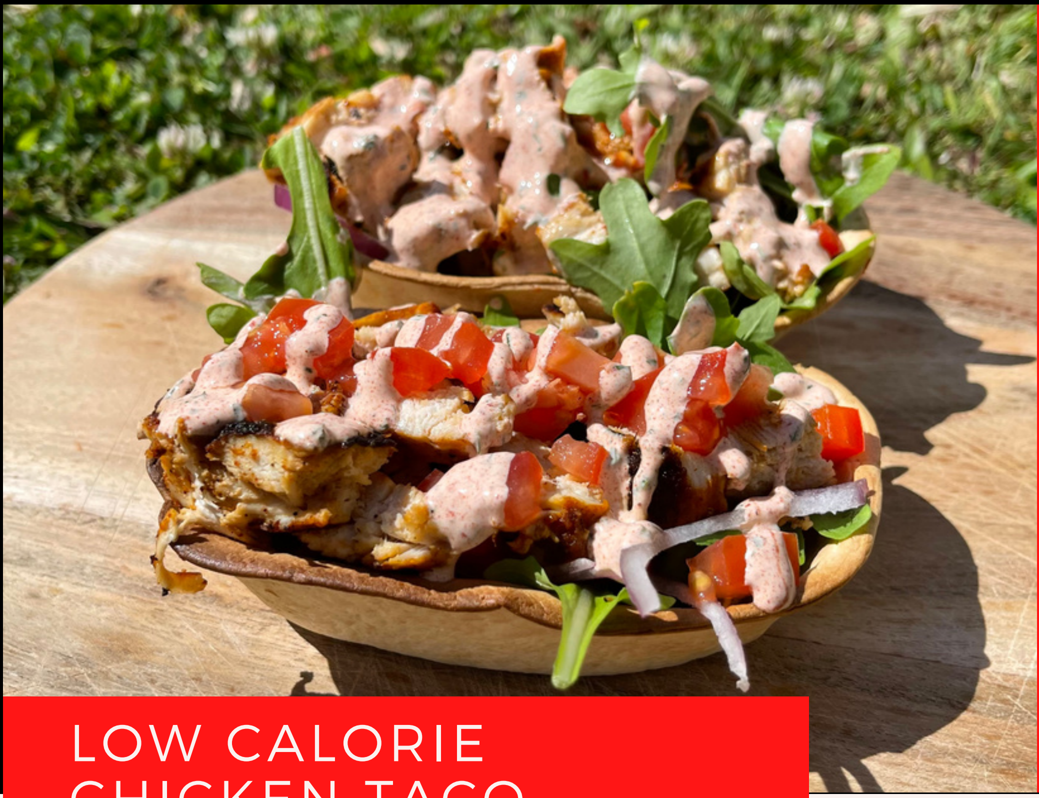
INGREDIENTS

- 150g Lean Beef Mince
- 30g Sliced Pickles
- 30g Special Burger Sauce (Coles Big Mac Sauce)
- 3 Cups Shredded Lettuce
- 20g Bega 50% Less Fat Grated Cheese
- 1/2 Tsp Salt
- 1/2 Tsp Pepper

DIRECTIONS

- 1. Start by weighing out 150g of lean beef mince & seasoning with 1/2 tsp of salt & 1/2 tsp of pepper. (weighed raw, once cooked it will weigh about 130g)
- 2. Cook the lean beef mince on a non stick pan on high heat for around 10 minutes.
- 3. In a large bowl add 3 cups of shredded lettuce (or as much as you like as lettuce is SO low in calories)
- 4. Once the beef mince is cooked add it on top of the shredded lettuce.
- 5. Cut 30g of pickles into thin slices & spread over the salad.
- 6. Drizzle 30g of special burger sauce (Coles Big Mac Sauce) over the beef mince then top it off with 20g of low fat cheese & enjoy this amazing low calorie & high volume big mac salad!

LOW CALORIE CHICKEN TACO BOATS



NUTRITIONAL INFORMATION

TOTAL
(2 BOATS)

CALORIES: 416
CARBS: 34G
FATS: 8G
PROTEIN: 43G

20 MIN

INGREDIENTS

- 150g Chicken Breast (weighed raw, 120g cooked)
- 4g Mexican Seasoning
- 2 Stand n Stuff Taco Shells (Old El Paso)
- 1/2 Diced Tomato
- 10g Diced Red Onion
- 20g Rocket
- 12g Diced Capsicum
- 2 Tbsp Lite Sour Cream (or greek yoghurt)
- 1 Tsp Paprika

DIRECTIONS

- 1. Preheat the oven to 200 degrees celsius.
- 2. Weigh 150g of chicken breast & season with 4g of mexican seasoning. (or choice of seasoning)
- 3. Cook the chicken breast on a stick pan with the stove on high heat. (cooking on a non stick pan is optional. It can be cooked on a normal pan with olive oil, calories will vary)
- 4. Cut the cooked chicken breast into small pieces.
- 5. Place 2 taco boats on an oven tray & bake in the oven at 180 degrees celsius for 2 minutes. (this makes the taco boats crispy, this step is optional)
- 6. In a small bowl mix together 2 Tbsp of lite sour cream & 1 tsp of paprika. (this will be the sauce)
- 7. Now it's time to build the taco boats. In 1 taco boat add 10g of rocket, 60g of chicken breast, 5g of diced red onion, 5g of diced capsicum, 1/2 diced tomato & top it off by drizzling 1 Tbsp of the lite sour cream & paprika sauce.
- 8. Repeat the process for the other taco boat by adding the leftover ingredients & enjoy!

MACROS PER SERVE:
(1 Taco Boat)
208 CAL | 21.3gP | 16.9gC | 3.8gF

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 562

CARBS: 24G

FATS: 33G

PROTEIN: 32G

15 MIN

HIGH PROTEIN CHEESY GARLIC BREAD PIZZA

INGREDIENTS

- 1 50% Lower Carb High Protein Pizza Base (Woolworths)
- 1 Tbsp Olive Oil
- 5g Garlic
- 40g Bega 50% Less Fat Cheese
- 1 Smokey Cheese Slice (Coles)
- 1/2 Tsp Pink Himalayan Salt
- 1 Tsp Oregano

DIRECTIONS

- 1. Start by preheating the oven to 220 degrees celsius.
- 2. After a few minutes bake the pizza base in the oven at 200 degrees celsius for 5 minutes to make it nice & crispy.
- 3. In a small bowl add 1 Tbsp of olive oil, 1 tsp of garlic, 1/2 tsp of pink himalayan salt & 1 tsp of oregano then mix it all together.
- 4. Take the pizza base out the oven & spread the mixture from step 2 evenly across the pizza base.
- 5. Spread 40g of low fat cheese across the pizza base.
- 6. Cut 1 slice of smokey cheese into small pieces & spread evenly on top.
- 7. Bake in the oven again at 200 degrees celsius for 3 - 5 minutes until the cheese has melted & enjoy!

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 504

CARBS: 47G

FATS: 10G

PROTEIN: 51G

25 MIN

QUICK & EASY HIGH PROTEIN SPICY CHICKEN RICE BOWL

INGREDIENTS

- 180g Chicken Breast
- 1 Tsp Paprika
- 1/2 Tsp All Purpose Seasoning
- 1 Tsp Chilli Flakes
- 50g Red Onion
- 1 Tsp Olive Oil
- 1 Cup Cooked White Rice (158g)

DIRECTIONS

- 1. Start off by weighing out 180g of chicken breast & cutting the chicken into small cubes.
- 2. Place the chicken in a bowl & add 1 tsp of paprika, 1/2 tsp of all purpose seasoning & 1 tsp of chilli flakes then mix it all together.
- 3. Dice 50g of red onion & place it to the side for now.
- 4. Now it's time to cook the chicken. Add 1 tsp of olive oil to a pan on high heat & add the chicken once the oil is hot.
- 5. Let the chicken cook for around 10 minutes & slowly mix it around while it's cooking.
- 6. After 10 minutes add 50g of diced red onion & keep mixing while letting it cook for another 5 minutes.
- 7. Once the chicken is cooked add it to a bowl with 1 cup of cooked white rice (158g) & that's it! The chicken on its own came out to less than 300 calories & this whole meal is only 500 calories in total.

THROUGHOUT MY 60KG WEIGHT LOSS JOURNEY THIS HAS BEEN MY FAVOURITE WAY TO SPICE UP MY CHICKEN! YOU CAN EASILY MAKE LARGER PORTIONS OF THIS CHICKEN ON ITS OWN FOR MEAL PREP & USE IT IN SO MANY DIFFERENT WAYS. ONCE YOU TRY COOKING YOUR CHICKEN THIS WAY YOU WON'T HAVE ANY REASON TO EAT BORING & BLAND CHICKEN AGAIN!

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 464

CARBS: 45G

FATS: 11G

PROTEIN: 42G

25 MIN

LOW CALORIE & HIGH PROTEIN FRIED CHICKEN BURGER

INGREDIENTS

- 150g Chicken Breast
- 1 Brioche Bun (Coles)
- 10g Crushed Corn Flakes
- 15g Oak Lettuce
- 15g Egg Whites (Or 1 egg, calories & macros will vary)
- 10g Oat Flour (Blended Oats)
- 30g 99% Fat Free Mayonnaise (Praise)
- 1/2 Tsp Salt
- 1/2 Tsp Pepper
- 1 Tsp Garlic Salt
- 1 Tsp Paprika

DIRECTIONS

- 1. Start by weighing out 150g of chicken breast & season with 1/2 tsp of salt, 1/2 tsp of pepper, 1 tsp of garlic salt & 1 tsp of paprika on each side.
- 2. Add 10g of crushed corn flakes & 10g of oat flour onto a plate & mix together with a fork.
- 3. In a separate bowl add 15g of egg whites & soak the chicken breast into the egg whites then cover each side of the chicken breast with the corn flake & oat crumbed mixture. (make sure the chicken breast is evenly coated)
- 4. Air fry the chicken breast at 200 degrees celsius for 15-17 minutes.
- 5. Now it's time to build the burger! Spread 15g of fat free mayonnaise on the bottom bun, add the chicken breast, add 15g of oak lettuce & finish by spreading the other 15g of fat free mayonnaise onto the bottom of the top bun.

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 477

CARBS: 17G

FATS: 19G

PROTEIN: 57G

25 MIN

LOW CALORIE & HIGH PROTEIN STICKY BUFFALO CHICKEN BITES

INGREDIENTS

- 3 Cheese Corn Thins/Rice Cakes (Flavour is optional)
- 200g Diced Chicken Breast (Around 160g Cooked)
- 70g Sweet Baby Rays Buffalo Wing Sauce
- 1 Small Egg
- 1 Tsp Paprika

DIRECTIONS

- 1. Snap 3 cheese corn thins/rice cakes into small pieces and add them into a blender cup with 1 tsp of garlic salt & 1 tsp of paprika then blend into a powder.
- 2. Pour the blended powder onto a plate.
- 3. In a separate small bowl add 1 egg & mix the egg together.
- 4. Cut 200g of chicken breast into small nugget/bite sized shapes.
- 5. One by one soak each piece of chicken in the egg then roll & cover the chicken completely with the powdered mixture. (this will create a crumbled like coating)
- 6. Bake at 180 degrees celsius for 15 minutes in the air fryer.
- 7. In a separate bowl add 70g of Sweet Baby Rays buffalo wing sauce.
- 8. When the chicken is ready add each piece individually into the bowl & coat with the sauce.
- 9. Once every piece has been coated in the sauce place it back into the air fryer again at 180 degrees celsius for 5 minutes.
- 10. After 5 minutes coat each piece of chicken with the leftover sauce & enjoy!

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 369

CARBS: 30G

FATS: 12G

PROTEIN: 42G

2 MIN

QUICK & EASY LOW CALORIE & HIGH PROTEIN SNACK IDEA

INGREDIENTS

- 5 Corn Thins (or rice cakes)
- 150g Low Fat Cottage Cheese
- 1 Chilli Tuna Can (I used the brand Sirena but you can use any brand & flavour of tuna you like)

DIRECTIONS

- 1. Place 5 corn thins/rice cakes onto a big plate or board.
- 2. Spread 30g of low fat cottage cheese evenly across each corn thin (5 corn thins).
- 3. Evenly spread the chilli tuna across each corn thin on top of the low fat cottage cheese. (1 can)

FOOD HACK!
IF YOU DON'T LIKE THE TEXTURE OF COTTAGE CHEESE, BLENDING IT WILL TURN IT INTO THE SAME TEXTURE AS CREAMY SAUCE!

THIS IS ANOTHER VERY SIMPLE & QUICK LOW CALORIE & HIGH PROTEIN SNACK THAT I PERSONALLY HAD THROUGHOUT MY WEIGHT LOSS JOURNEY THAT KEPT ME FULL WHEN I DIDN'T HAVE A LOT OF TIME TO MAKE A MEAL & NEEDED TO GET MY PROTEIN IN. IT MAY SOUND LIKE A WEIRD COMBINATION.. BUT I RECOMMEND GIVING IT A SHOT!

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 483

CARBS: 39G

FATS: 14G

PROTEIN: 41G

25 MIN

LOW CALORIE & HIGH PROTEIN LOADED BEEF NACHOS

INGREDIENTS

- 1 Low Calorie Wrap/Tortilla (I used Mission Low Gi+Protein Wrap)
- 130g Extra Lean Beef Mince (115g Cooked)
- 25g Low Fat Cheese (I used Beqa 50% Less Fat Cheese)
- 2 Tbsp Lite Sour Cream
- 1 Tsp Salsa
- 1/2 Tomao (Diced)
- 10g Red Onion
- 10g Capsicum/Chilli Pepper
- 1 Tsp Paprika
- 1 Tsp Garlic Salt
- 1 Tsp Mexican Seasoning
- 1 Tsp Parsley Flakes
- Lemon Juice
- Avocado Oil/Low Calorie Cooking Spray (Optional)

DIRECTIONS

- 1. Start by spraying the wrap with a tiny bit of avocado oil/low calorie cooking spray. (optional but helps keep the seasonings sick to the wrap)
- 2. Once the wrap has been oiled cut it into strips/triangle shapes using a knife or scissors.
- 3. Season with 1 tsp of paprika & 1 tsp of garlic salt then bake in the air fryer at 180 degrees celsius for 3 minutes. (If using an oven bake for 5 minutes)
- 4. Turn the stove on high heat & using a non stick pan cook 130g of extra lean beef mince & season with 1 tsp of mexican seasoning & 1 tsp of salsa.
- 5. Cook all the way through & keep mixing gently for around 10 minutes until the meat is cooked.
- 6. Place the baked wrap strips into a oven safe bowl with the meat on top & add 25g of low fat cheese on top then bake in the air fryer/oven for 2 minutes until the cheese melts.
- 7. In a small separate bowl add 1/2 diced tomato, 10g of diced red onion, 10g of diced capsicum, 1 tsp of parsley flakes & a drop of lemon juice then mix together with a fork.

RECIPE CONTINUED ON NEXT PAGE

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 483

CARBS: 39G

FATS: 14G

PROTEIN: 41G

25 MIN

LOW CALORIE & HIGH PROTEIN LOADED BEEF NACHOS

INGREDIENTS

- 1 Low Calorie Wrap/Tortilla (I used Mission Low Gi+Protein Wrap)
- 130g Extra Lean Beef Mince (115g Cooked)
- 25g Low Fat Cheese (I used Beqa 50% Less Fat Cheese)
- 2 Tbsp Lite Sour Cream
- 1 Tsp Salsa
- 1/2 Tomao (Diced)
- 10g Red Onion
- 10g Capsicum/Chilli Pepper
- 1 Tsp Paprika
- 1 Tsp Garlic Salt
- 1 Tsp Mexican Seasoning
- 1 Tsp Parsley Flakes
- Lemon Juice
- Avocado Oil/Low Calorie Cooking Spray (Optional)

DIRECTIONS

- 8. Once the cheese has melted on the nachos take it out the oven & add the toppings you just mixed together from step 7 on top.
- 9. Drizzle 2 Tbsp of lite sour cream over the nachos & enjoy!

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 358

CARBS: 11G

FATS: 12G

PROTEIN: 50G

35 MIN

LOW CALORIE CHICKEN PARMIGIANA

INGREDIENTS

- 140g Chicken Breast (weighed raw)
- 1 Cheese Corn Thin (or rice cake)
- 35g Egg Whites (or 1 egg)
- 35g Garlic, onion & herbs pizza sauce (Leggo's)
- 25g Light Shredded Mozzarella Cheese (Coles)
- 1/2 Tsp Salt
- 1/2 Tsp Pepper
- 1 Tsp Garlic Salt
- 1 Tsp Paprika

DIRECTIONS

- 1. Start by weighing 140g of chicken breast & beat to flatten. (I used a wooden dough roller)
- 2. In a blender cup add 1 cheese corn thin, 1/2 tsp of salt, 1/2 tsp of pepper, 1 tsp of garlic salt & 1 tsp of paprika then blend together for 1 minute.
- 3. Once blended pour the corn thin mixture onto a plate & in a separate bowl add 35g of egg whites.
- 4. Preheat the oven at 200 degrees celsius.
- 5. Soak the chicken breast in the egg whites then place it on the plate with the blended corn thin & coat evenly, this will create the coating for the chicken breast. (make sure the chicken breast is coated on each side)
- 6. Bake the chicken breast in the oven at 220 degrees celsius for 20 minutes. (flip over half way through at the 10 minute mark)

RECIPE CONTINUED ON NEXT PAGE

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 358

CARBS: 11G

FATS: 12G

PROTEIN: 50G

35 MIN

LOW CALORIE CHICKEN PARMIGIANA

INGREDIENTS

- 140g Chicken Breast (weighed raw)
- 1 Cheese Corn Thin (or rice cake)
- 35g Egg Whites (or 1 egg)
- 35g Garlic, onion & herbs pizza sauce (Leggo's)
- 25g Light Shredded Mozzarella Cheese (Coles)
- 1/2 Tsp Salt
- 1/2 Tsp Pepper
- 1 Tsp Garlic Salt
- 1 Tsp Paprika

DIRECTIONS

- 7. Once the chicken is cooked add 35g of pizza sauce on top & 25g of light mozzarella cheese.
- 8. Bake in the oven again at 220 degrees celsius for 5 minutes until the cheese has melted & enjoy!

NUTRITIONAL INFORMATION

PER SERVE (12 SERVINGS)

CALORIES: 86

CARBS: 12G

FATS: 3G

PROTEIN: 3G

25 MIN

LOW CALORIE CHEESY GARLIC BREAD

INGREDIENTS

- 6 English Breakfast Muffins (I used the brand TipTop)
- 20g Light Margarine/Butter (I used Nuttelex Lite Margarine)
- 1 Diced Garlic Clove
- 2g Rosemary Leaves (optional)
- 2g Parsley Flakes
- 1 Tsp Garlic Salt
- 60g Light Mozzarella (Coles)

DIRECTIONS

- 1. Start by breaking each english breakfast muffin in half (6 muffins) then cut both slices of each muffin in half (this will create 4 slices instead of 2 for each breakfast muffin)
- 2. Preheat the oven at 200 degrees celsius.
- 3. In a small bowl mix together 20g of light margarine/butter, 1 diced garlic clove, 2g of rosemary leaves, 2g of parsley flakes & 1 tsp of garlic salt.
- 4. Spread the margarine/butter mix evenly across each english breakfast slice (12 slices in total)
- 5. One by one place 10g of light mozzarella onto 6 of the cut up slices & place the other 6 slices on top to create 6 sandwiches like shown in the picture above.
- 6. Add aluminum foil into a oven safe baking dish/tray & place all english muffins inside in a long single file line. (like shown in the picture above, make sure they are tight together & won't fall over)

RECIPE CONTINUED ON NEXT PAGE

NUTRITIONAL INFORMATION

PER SERVE (12 SERVINGS)

CALORIES: 86

CARBS: 12G

FATS: 3G

PROTEIN: 3G

25 MIN

LOW CALORIE CHEESY GARLIC BREAD

INGREDIENTS

- 6 English Breakfast Muffins (I used the brand TipTop)
- 20g Light Margarine/Butter (I used Nuttelex Lite Margarine)
- 1 Diced Garlic Clove
- 2g Rosemary Leaves (optional)
- 2g Parsley Flakes
- 1 Tsp Garlic Salt
- 60g Light Mozzarella (Coles)

DIRECTIONS

- 7. Bake in the oven at 180 degrees celsius for 10 - 15 minutes & enjoy! (or until the cheese has melted & the edges are crispy)

THIS RECIPE IS RECOMMENDED FOR SHARING. THE PURPOSE OF THIS RECIPE IS TO MAKE A EASY & HEALTHIER VERSION OF CHEESY GARLIC BREAD TO SHARE WITH THE FAMILY/FRIENDS RATHER THAN EATING UNHEALTHY PROCESSED VERSIONS FROM FAST FOOD PLACES.

NOTE: IF AT ANY POINT YOU GET CONFUSED ON CERTAIN STEPS THERE IS A RECIPE VIDEO ON MY INSTAGRAM.

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 414

CARBS: 41G

FATS: 15G

PROTEIN: 28G

20 MIN

LOW CALORIE MEAT FREE TORTILLA PIZZA

INGREDIENTS

- 1 Low Calorie Wrap/Tortilla (I used Mission Low GI + Protein Wrap)
- 50g Chopped Mushrooms
- 50g Cherry Tomatoes (cut each one in half)
- 25g Light Mozzarella Cheese (Coles)
- 20g Baby Spinach
- 30g Garlic, Onion & Herbs Pizza Sauce (I used Leggo's)
- 45g Bocconcini Cheese (Woolworths)
- 1/2 Tsp Oregano

DIRECTIONS

- 1. Start by preheating the oven at 200 degrees celsius.
- 2. Once the oven is hot place the low calorie wrap/tortilla onto an oven tray & bake for 2 - 4 minutes at 180 degrees celsius. (this will make the wrap crispy & will stop it from being floppy)
- 3. When the wrap is nice & crispy take it out the oven & spread 30g of pizza sauce evenly all the way to the edges.
- 4. Sprinkle 1/2 tsp of oregano then add 20g of baby spinach, 50g of cherry tomatoes (cut each one in half), 50g of chopped mushrooms, 25g of light mozzarella & 45g of bocconcini cheese.
- 5. Bake in the oven again at 180 degrees for 5 - 10 minutes or until the cheese has melted & enjoy!

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 413

CARBS: 40G

FATS: 11G

PROTEIN: 37G

15 MIN

LOW CALORIE & HIGH PROTEIN CRUNCHY BEEF WRAP

INGREDIENTS

- 120g Extra Lean Beef Mince (100g Cooked)
- 1 Low Calorie Wrap/Tortilla (I used Mission Lite Wrap) *Has to be a bigger wrap due to how it will be folded*
- 25g Light Mozzarella Cheese (Coles)
- 1/2 Diced Tomato
- 10g Diced Red Onion
- 20g Baby Spinach
- 3g All Purpose Seasoning (or seasoning of choice)

DIRECTIONS

- 1. Start by cooking 120g of extra lean beef mince on a non stick pan with the stove on high heat.
- 2. When the mince is about half way cooked add 3g of all purpose seasoning & keep mixing while the mince is cooking through.
- 3. Once the mince has cooked completely place it in the middle of the wrap in a circle & then on top add 25g of light mozzarella cheese, 1/2 diced tomato, 10g of diced red onion & 20g of baby spinach.
- 4. Now it's time to fold the wrap & this part may be a little tricky with the fingers. Tightly fold the edges up of the wrap over to the center, holding each fold whilst working all the way around the wrap.
- 5. Cook the wrap on a non stick pan with the stove on high heat for 2 - 3 minutes on each side until golden brown & enjoy! (you could also use a sandwich toaster)

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 483

CARBS: 31G

FATS: 20G

PROTEIN: 42G

35 MIN

LOW CALORIE & HIGH PROTEIN BIG MAC LOADED FRIES

INGREDIENTS

- 250g Potatoes (i used Spud Lite)
- 150g Extra Lean Beef Mince (120g cooked)
- 35g Low Fat Cheese (i used Bega 50% Less Fat Grated Cheese)
- 10g Diced Red Onion
- 15g Sliced Pickles
- 20g Coles Special Burger Sauce (Big Mac Sauce)
- 1 Tsp Pepper
- 1 Tsp Salt
- 2g All Purpose Seasoning (or seasoning of choice)

DIRECTIONS

- 1. Start by weighing out 250g of potatoes & cutting them into french fry shapes.
- 2. Preheat the oven to 200 degrees celsius.
- 3. Place the potatoes in a bowl, add 2g of all purpose seasoning & mix well.
- 4. Place the potatoes on an oven tray with baking paper & bake in the oven at 220 degrees celsius for 15 - 20 minutes or until cooked. (spud lite potatoes cook quicker than regular potatoes)
- 5. While the potatoes are cooking season 150g of extra lean beef mince with 1 tsp of salt & pepper.
- 6. Cook the mince on a non stick pan with the stove on high heat.
- 7. Once the potatoes & mince are cooked place the potatoes in an oven safe baking dish with the mince on top.
- 8. Sprinkle 35g of low fat cheese on top & bake in the oven again for 5 minutes at 220 degrees celsius or until the cheese has melted.

RECIPE CONTINUED ON NEXT PAGE

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 483

CARBS: 31G

FATS: 20G

PROTEIN: 42G

35 MIN

LOW CALORIE & HIGH PROTEIN BIG MAC LOADED FRIES

INGREDIENTS

- 250g Potatoes (i used Spud Lite)
- 150g Extra Lean Beef Mince (120g Cooked)
- 35g Low Fat Cheese (i used Bega 50% Less Fat Grated Cheese)
- 10g Diced Red Onion
- 15g Sliced Pickles
- 20g Coles Special Burger Sauce (Big Mac Sauce)
- 1 Tsp Pepper
- 1 Tsp Salt
- 2g All Purpose Seasoning (or seasoning of choice)

DIRECTIONS

- 9. Finish off by adding 10g of diced red onion, 15g of sliced pickles & 20g of Coles special burger sauce. Enjoy!

IF COLES SPECIAL BURGER SAUCE ISN'T AVAILABLE NEAR YOU THIS IS HOW YOU CAN MAKE HOME MADE BIG MAC SAUCE!

FOR THE BIG MAC SAUCE, COMBINE ALL THESE INGREDIENTS IN A BOWL, SEASON WITH SALT AND CHILL UNTIL READY TO USE.

- 2 SERVINGS LOW FAT MAYONNAISE
- 1 TSP GHERKIN RELISH
- 1 TSP WHITE VINEGAR
- 1 TSP MILD MUSTARD
- 1/2 TSP ONION POWDER
- 1 TSP GARLIC POWDER
- 1/2 TSP SMOKED PAPRIKA

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 393

CARBS: 24G

FATS: 9G

PROTEIN: 38G

22 MIN

HEALTHY BREAKFAST BURGER

INGREDIENTS

- 100g Extra Lean Beef Mince
- 1 Tsp Salt
- 1 Tsp Pepper
- 25g Low Fat Cheese (i used Bega 50% less fat grated cheese)
- 20g Sliced Honey Leg Ham (Brand: Don, 2 Slices)
- 1 Egg
- 1 High Fibre Low GI Soft Round Roll (Coles)
- 1 Tbsp Sriracha
- 15g Baby Spinach

DIRECTIONS

- 1. Start by weighing out 100g of extra lean beef mince & form into two 50g patties.
- 2. Season the patties with 1 tsp of salt & 1 tsp of pepper then place 25g of low fat cheese in the middle of 1 patty.
- 3. Place one patty on top of another & press down on the edges to seal the patties together.
- 4. Cook the patty on a non stick pan on high heat for 5 minutes on each side. (or using a normal pan with olive oil)
- 5. Using the same pan cook 1 egg & 20g of sliced honey leg ham.
- 6. Once everything is cooked it's time to build the burger! Grab the bread roll & add 1 tbsp of sriracha, 15g of baby spinach & the rest of the ingredients that were cooked in the steps above.

NOTE: IF AT ANY POINT YOU GET CONFUSED ON CERTAIN STEPS THERE IS A RECIPE VIDEO ON MY INSTAGRAM.

kdalleva8[illegible]mail.com 06 Jan 2023

SWEETS

LOW CALORIE / HIGH PROTEIN SWEET MEALS & SNACKS!

lotus
Since 1932
Biscoff
SPREAD

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 392

CARBS: 18G

FATS: 12G

PROTEIN: 48G

10 MIN

HIGH PROTIEN BISCOFF COOKIE DOUGH

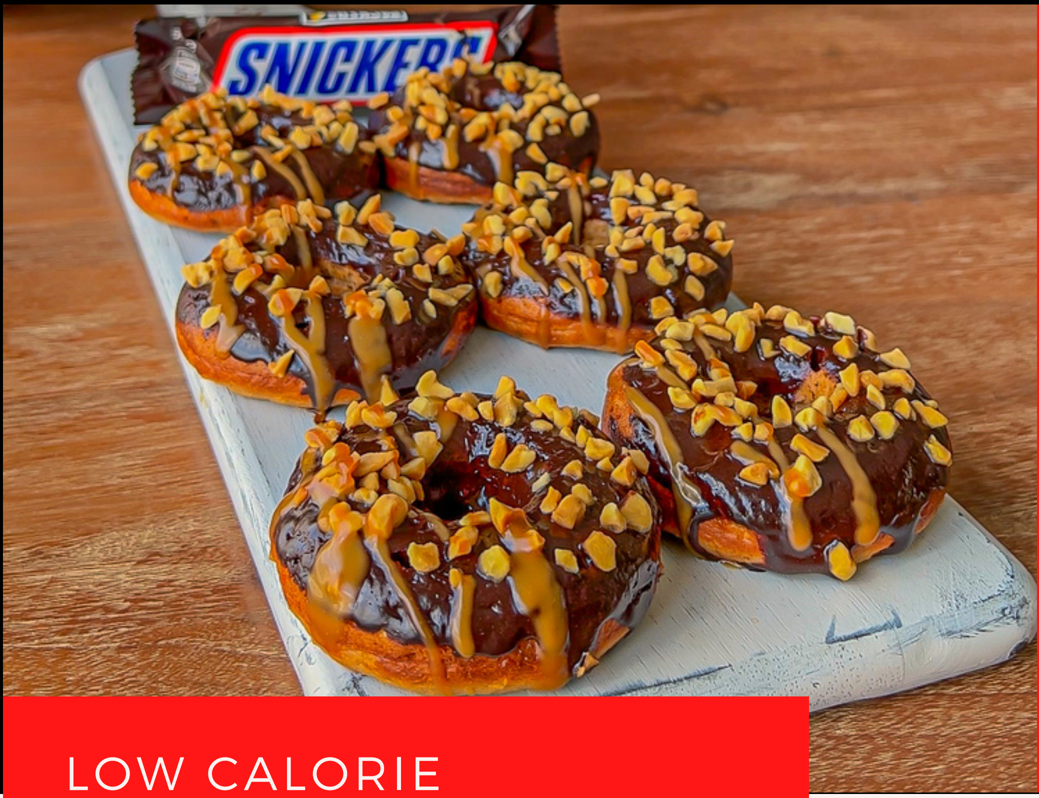
INGREDIENTS

- 15g Powdered Peanut Butter (PB2)
- 5g Natural Sweetener (Brand: Whole Earth Monkfruit)
- Dash of Salt
- 200ml Unsweetened Almond Milk (or your choice of milk - you may need to use more or less depending on the protein powder, make sure to add it slowly until you reach the right consistency)
- 10g Melted Biscoff Spread
- 10g Chocolate Chips
- 1 Crushed Biscoff Biscuit (snack sized)
- 45g Vegan Protein Powder (Brand: Macro Mike Vanilla Buttercream)

DIRECTIONS

- 1. In a bowl add 45g of vegan protein powder, 15g of powdered peanut butter, 5g of natural sweetener & a dash of salt then mix to avoid clumping.
- 2. Slowly pour the milk into the bowl while mixing everything together (you may need to use more or less depending on the protein powder, make sure to add it slowly while mixing until you reach the right consistency)
- 3. Add 10g of melted biscoff spread into the bowl with 10g of chocolate chips & half a crushed biscoff biscuit.
- 4. Mix everything together & add the other half of the crushed biscoff biscuit on top.
- 5. To make the texture even thicker & closer to a real cookie dough place it in the fridge for 15 - 25 minutes. (optional but preferred)

You don't have to use a vegan protein powder BUT if you are using a regular whey/casein blend you will not need as much milk. Slowly add around 100ml of milk while mixing & add more if needed.



NUTRITIONAL INFORMATION

EACH DONUT
(6 DONUTS)
CALORIES: 85
CARBS: 9G
FATS: 3G
PROTEIN: 6G

40 MIN

LOW CALORIE SNICKERS DONUTS

INGREDIENTS

- 1 Egg
- 40g Oat Flour (blended oats)
- 100g Low Fat Greek Yoghurt (flavoured or plain - I used YoPro Salted Caramel. If using plain add more sweetener or flavour drops)
- 3g Baking Powder
- 20g Sweetener (such as monk fruit, stevia, erythritol etc - I used Whole Earth Monkfruit)
- 5g Powdered Peanut Butter With Cocoa or Regular Cocoa Powder
- 1 Tsp Caramel or Vanilla Flavour Drops
- 3g Crushed Peanuts (each donut)
- 6g Hersheys Caramel Sauce (each donut - or sugar free caramel sauce)

- Sauce (optional, you can use any chocolate sauce)
- 15g Chocolate Protein Powder (Brand: Rule1 Chocolate Fudge)
- 6g Cocoa Powder
- 80 - 100 ml Unsweetened Almond Milk (slowly add the milk while mixing, you may need to use more or less depending on the protein powder until you get the perfect texture/consistency)

DIRECTIONS

- 1. In a bowl crack in 1 egg then add 40g of oat flour, 100g of low fat greek yoghurt, 3g of baking powder, 20g of sweetener, 5g of PB2 or cocoa powder & 1 Tsp of caramel or vanilla flavour drops.
- 2. Mix everything together & pour the mixture evenly into a 6 cup non stick donut baking tray (if you have a regular baking tray spray with light cooking oil spray beforehand so they don't stick)
- 3. Bake in the oven at 180 degrees celsius for 15 minutes.
- 4. While thats baking to make the chocolate protein sauce in a bowl mix together 15g of chocolate protein powder, 3g of cocoa powder & slowly add 80ml of unsweetened almond milk while mixing until you have a thick consistency.
- 5. Add another 3g of cocoa powder & mix one more time, doing it in this order will give you a creamy thick sauce.
- 6. Once the donuts are baked let them cool for 10 minutes then take them out, flip them over & coat the top of each donut in the chocolate sauce.
- 7. Add 3g of crushed peanuts to each donut, drizzle 6g of caramel sauce & enjoy!

Store in the fridge.

NUTRITIONAL INFORMATION

(PER SERVE)

6 SERVINGS

CALORIES: 76

CARBS: 11G

FATS: 0.3G

PROTEIN: 6G

40 MIN

LOW CALORIE CINNAMON ROLLS

INGREDIENTS

- 115g Self Raising Flour (Brand: Vetta Smart Protein Self Raising Flour but any self raising flour works)
- 130g Plain or Flavoured Low Fat Greek Yoghurt (Brand: YoPro Plain)
- 35ml Sugar Free Maple Syrup
- 30g Brown Sugar Stevia (Brand: Natvia Natural Brown Sweetener, or your choice of sweetener)
- 2 Tbsp Cinnamon

DIRECTIONS

- 1. Start by sifting 115g of self raising flour into a bowl then add 130g of low fat greek yoghurt & mix everything together with a spoon for a few minutes until combined, depending on the type of Greek yogurt you use, you may need to add a little more flour if its too sticky.
- 2. Place the dough on a lightly floured kitchen surface then knead & form into a ball.
- 3. Using a rolling pin, roll the dough out into a thin layered rectangle shape.
- 4. Using a pastry brush spread 35ml of sugar free maple syrup evenly across the dough then sprinkle 2 Tbsp of cinnamon on top. (if you use too much syrup it will cause the roll to be too moist & it will fall apart)
- 5. Roll the dough starting from the shorter side of the rectangle then cut it into 6 even pieces.
- 6. Bake in the oven at 180 degrees celsius for 20 minutes & enjoy!

NUTRITIONAL INFORMATION

(PER SERVE)

6 SERVINGS

CALORIES: 190

CARBS: 12G

FATS: 8G

PROTEIN: 17.5G

60+ MIN

MACRO FRIENDLY BISCOFF CHEESECAKE

INGREDIENTS

- 150g Light Cream Cheese (Brand: Philadelphia Light 40% Less Fat)
- 400g Low Fat Greek Yoghurt (Brand YoPro Vanilla - I highly suggest using a flavoured yoghurt, you can use plain but add more sweetener/vanilla extract)
- 1 Egg
- 1 Tsp Vanilla Extract
- 15g Stevia (Brand: Natvia - or choice of sweetener)
- 1 Tbsp Biscoff Spread
- 100g Low Fat Cottage Cheese
- 1.5 Servings Protein Powder (Brand: Rule1 Vanilla Creme)

Topping:
- 2 Tbsp Biscoff Spread
- 60ml Unsweetened Almond Milk
- 3 Crushed Biscoff Biscuits (snack sized)

DIRECTIONS

- 1. In a blender cup add 150g of light cream cheese, 400g of low fat greek yoghurt, 1 egg, 1 tsp of vanilla extract, 15g of stevia, 1 tbsp of biscoff spread, 100g of low fat cottage cheese, 1.5 servings of protein powder & blend until smooth.
- 2. Pour the mixture into a baking dish with baking paper (I used a 20 x 5cm round cake dish)
- 3. Bake it in the oven at 200 degrees celsius for 25 - 30 min.
- 4. Once baked set in the fridge for 1 hour to cool.
- 5. While the cake is cooling, in a small bowl add 1 tbsp of biscoff spread & 60ml of unsweetened almond milk then microwave it for 20 seconds.
- 6. Using a spoon stir the milk & biscoff together, after about 1 minute add 1 more tbsp of biscoff spread & keep stirring until you have a creamy sauce.
- 7. Once the cake is cooled spread the sauce evenly on top of the cake.
- 8. Sprinkle 3 crushed biscoff biscuits around the edges, cut into 6 even pieces & enjoy!

STORE IN FRIDGE

NUTRITIONAL INFORMATION

(PER SERVE)

6 SERVINGS

CALORIES: 165

CARBS: 10G

FATS: 6G

PROTEIN: 18G

60+ MIN

LOW CALORIE & HIGH PROTEIN STRAWBERRY CHEESECAKE

INGREDIENTS

- 150g Light Cream Cheese (Brand: Philadelphia 40% Less Fat Light Cream Cheese)
- 1 Egg
- 1 Tsp Vanilla Extract
- 400g Low Fat Greek Yoghurt (Brand: YoPro Vanilla - use plain or flavoured if available, if using plain add a bit more sweetener/vanilla extract)
- 15g Sweetener (Brand: Whole Earth Monkfruit Sweetener - or your choice of sweetener such as stevia)
- 40g Protein Powder (Brand: Rule1 Vanilla Crème - you can use any flavour but vanilla or strawberry would work best)

- Toppings (optional & customisable)
- Strawberry Glaze (200g frozen strawberries mixed with 35g of sweetener - add 5g of corn flour/ cornstarch mixed with water to thicken)
- 1 Crushed Biscuit (Brand: Digestives Biscuits - or graham crackers)
- 60g Sliced Fresh Strawberries
- 20g Melted White Chocolate (Brand: Well Naturally No Added Sugar White Chocolate)

DIRECTIONS

- 1. In a blender cup add 150g of light cream cheese, 1 egg, 1 Tsp of vanilla extract, 400g of low fat greek yoghurt, 15g of sweetener & 40g of protein powder.
- 2. Blend for 1 - 2 minutes (or until smooth) then pour the mixture into a lined cake or baking dish with baking paper.
- 3. Bake in the oven at 200 degrees celsius for 25 - 30 minutes.
- 4. Once baked take it out & set it in the fridge for 1 hour (it might be a little bit jiggly but will harden in the fridge)
- 5. While the cake is cooling in the fridge to a pan on high heat add 200g of frozen strawberries, 35g of sweetener & mix for 5 - 10 minutes.
- 6. Using a electric hand mixer blend the strawberries until smooth (or using a regular blender)
- 7. In a small bowl mix together 5g of cornflour with 1/2 cup of water then add it to the pan with the blended strawberries. Keep mixing for 5 minutes until it thickens.
- 8. Once the cake has cooled down evenly spread across the strawberry glaze, sprinkle 1 crushed biscuit around the edges, add 60g of cut strawberries around the edges & finish it off with drizzling 20g of melted white chocolate.
- 9. Leave it in the fridge for another 30 minutes then cut into 6 equal slices & enjoy!

STORE IN FRIDGE

NUTRITIONAL INFORMATION

(PER SERVE)

10 SERVINGS

CALORIES: 98

CARBS: 12G

FATS: 2G

PROTEIN: 9G

40 MIN

LOW CALORIE PROTEIN BISCOFF BANANA BREAD

INGREDIENTS

- 2 Bananas (mashed)
- 100ml Unsweetened Almond Milk (or your choice of milk)
- 1 Tsp Vanilla Extract
- 60g Plain Flour (Brand: Vetta Smart Plain Flour)
- 60g Vanilla Protein Powder (Brand: Rule1 Vanilla Crème)
- 1 Tsp Baking Powder
- 20g Sweetener (Brand: Whole Earth Monkfruit Sweetener - or your choice of sweetener)
- Cinnamon (optional)
- 15g Melted Biscoff Spread (spread on mixture before baking)
- 15g Melted Biscoff Spread (add on top of frosting once bread is cooled)

- Topping (optional)
- 130g Low Fat Greek Yoghurt (vanilla or plain)
- 20g Vanilla Protein Powder

DIRECTIONS

- 1. In a bowl add 2 bananas & mash them up then add 100ml of almond milk, 1 Tsp of vanilla extract & mix it together.
- 2. In a seperate bowl add 60g of plain flour, 60g of vanilla protein powder, 1 Tsp of baking powder, 20g of sweetener, a dash of cinnamon & mix it together.
- 3. Combine the wet & dry ingredients together then mix it all to combine.
- 4. Pour the mixture into a lined loaf baking tin.
- 5. In a small bowl melt 15g of biscoff spread then pour it over the mixture.
- 6. Using a knife or fork swivel the melted biscoff spread gently around the mixture.
- 7. Bake it in the oven at 180 degrees celsius for 25 minutes.
- 8. While the bread is baking in a small bowl mix together 130g of low fat greek yoghurt & 20g of vanilla protein powder. This will be the protein frosting.
- 9. Let the bread cool down for around 10 - 15 minutes, take it out of the tin & spread the frosting evenly on top.
- 10. Melt another 15g of biscoff spread & drizzle it on top of the frosting.
- 11. Top it off with 1 crushed biscoff biscuit then cut into 10 equal slices & enjoy!

STORE IN FRIDGE

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 438

CARBS: 41G

FATS: 7G

PROTEIN: 51G

45 MIN

LOW CALORIE & HIGH PROTEIN BERRY FRENCH TOAST CASSEROLE

INGREDIENTS

- 1 Egg
- 200g Egg Whites
- 2 Tbsp Sugar Free Maple Syrup
- 2g Baking Powder
- 50ml Unsweetened Almond Milk
- 1/2 Serving Protein Powder (i used Vanilla Creme by Rule1)
- 10g Stevia
- 110g Frozen Mixed Berries (microwaved)
- 3 Slices Low Calorie Bread (Brand: Country Split)

Toppings:

- 100g Vanilla Yoghurt (Brand: YoPro)
- 30g Frozen Mixed Berries (microwave for 1 minute)

DIRECTIONS

- 1. In a bowl add 1 egg, 200g egg whites, 2 tbsp sugar free maple syrup, 2g baking powder, 50ml unsweetened almond milk, 1/2 serving protein powder, 10g stevia & mix everything together.
- 2. Spray a small oven safe baking dish with a tiny bit of non stick spray & pour the mixture inside.
- 3. Microwave 110g of frozen mixed berries for 1 minute then add them to the baking dish.
- 4. Rip 3 slices of low calorie bread into small pieces & add that to the mixture as well.
- 5. Bake in the oven at 200 degrees celsius for 30-35 minutes.
- 6. Once baked add 100g of vanilla yoghurt on top with 30g of microwaved frozen mixed berries & enjoy! Store in fridge if needed.

NUTRITIONAL INFORMATION

PER SERVE
(4 SERVINGS)

CALORIES: 155

CARBS: 15G

FATS: 4G

PROTEIN: 14G

60 MIN

5 INGREDIENT LOW CALORIE & HIGH PROTEIN BLUEBERRY CAKE

INGREDIENTS

- 400g Flavoured Low Fat Greek Yoghurt (Brand: YoPro Vanilla - you can use plain but add 2 Tbsp of vanilla extract)
- 4 Eggs
- 40g Corn Flour/ Corn Starch
- 20g Stevia (or your choice of sweetener)
- 80 Blueberries (or as much as you'd like)

DIRECTIONS

- 1. In a bowl add 400g of flavoured low fat greek yoghurt, 4 eggs, sift in 40g of corn flour, 20g of stevia, & 80g of blueberries.
- 2. Mix everything together.
- 3. Pour the mixture into a bake dish/ cake pan with baking paper. (I used a 21.5cm cake dish)
- 4. Bake it in the oven at 180 degrees celsius for 50 minutes.
- 5. Take it out, let it cool outside for 5 minutes then leave it in the fridge for another hour.
- 6. Cut into 4 equal slices & enjoy!

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 189

CARBS: 11G

FATS: 3G

PROTEIN: 30G

5 MIN

HIGH VOLUME CHOCOLATE & PB CAKE

INGREDIENTS

- 15g Chocolate Protein Powder (Brand: Rule1 Chocolate Fudge)
- 5g Cocoa Powder
- 15g Stevia (or your choice of sweetener)
- 5g Baking Powder
- 15g Powdered Peanut Butter - or your choice of topping (Brand: PB2)
- 80g Egg Whites (this will ONLY work if you use real egg whites from an actual egg, this will NOT work if you use egg whites from a carton, box etc)

DIRECTIONS

- 1. First start off by separating 2 egg whites from the egg yolks & placing the egg whites in a large bowl. (2 egg weigh approximately 80g, you may need to use 1 more depending on the size of the egg)
- 2. In the same big bowl add 5g of cocoa powder, 15g of stevia, 5g of baking powder & 15g of chocolate protein powder (or your choice of flavour)
- 3. Using an electric hand mixer whisk everything together for a few minutes until peaks form.
- 4. Once peaks form then add 15g of chocolate protein powder & very gently mix everything together until combined.
- 5. Place the mixture into a bowl & microwave for 1 - 2 minutes. (keep an eye on it & take it out every 30 seconds)
- 6. In a small bowl add 2 Tbsp of water & 15g of powdered peanut butter, start mixing & gradually add water and continue mixing until you have your desired texture.
- 7. Drizzle the sauce on top of the cake & enjoy!

NUTRITIONAL INFORMATION

(PER SERVE)

6 SERVINGS

CALORIES: 74

CARBS: 7.8G

FATS: 2.8G

PROTEIN: 3.6G

25 MIN

LOW CALORIE BISCOFF DONUTS

INGREDIENTS

- 1 Egg
- 40g Oat Flour (blended oats)
- 2g Baking Powder
- 100g Low Fat Greek Yoghurt (plain or flavoured, i used YoPro Vanilla - If using plain add more vanilla extract)
- 1 Tsp Vanilla Extract
- 15g Stevia (or your choice of sweetener)
- 1 Tbsp Biscoff Spread
- 20ml Unsweetened Almond Milk
- 1 Serving Crushed Biscoff Biscuits (I used 1 packet of snack sized biscoff biscuits)

DIRECTIONS

- 1. In a bowl add 1 egg, 40g of oat flour, 2g of baking powder, 100g of low fat greek yoghurt, 1 tsp of vanilla extract & 15g of stevia.
- 2. Mix everything together.
- 3. Pour the mixture into a non stick donut baking tray (if using a regular donut baking tray lightly grease it with cooking oil spray - the donut tray i use has 6 donut cups)
- 4. Bake it in the oven at 180 degrees celsius for 15 - 17 minutes.
- 5. While that's baking, in a small bowl add 1 Tbsp of biscoff spread & 20ml of unsweetened almond milk then microwave it for 30 seconds.
- 6. Once microwaved stir & mix it together to turn it into a thick sauce.
- 7. When the donuts are ready take them out & let them cool for 10 minutes before taking them out the tray.
- 8. Once cooled, one by one coat the top each donut evenly in the biscoff spread & finish it off by sprinkling 1 serving of crushed biscoff biscuits across all the donuts & enjoy!

NUTRITIONAL INFORMATION

(PER SERVE)

6 SERVINGS

CALORIES: 166

CARBS: 13G

FATS: 5G

PROTEIN: 16G

60+ MIN

LOW CALORIE & HIGH PROTEIN BLUEBERRY CHEESECAKE

INGREDIENTS

- 150g Light Cream Cheese (Brand: Philadelphia 40% Less Fat Cream Cheese)
- 400g Low Fat Greek Yoghurt (Brand: YoPro Vanilla - if using a plain flavour, add more vanilla extract or sweetener)
- 1 Egg
- 1 Tsp Vanilla Extract
- 15g Stevia (Brand: Natvia Natural Sweetener - or your choice of sweetener)
- 40g Protein Powder (Brand: Rule1 Vanilla Crème - or your choice of flavour)
- 200g Frozen Blueberries
- 10g Cornflour Mixed With Water
- 1 Crushed Biscuit/Graham Cracker (Brand: McVities Digestive Biscuits)
- 20g Melted White Chocolate [optional) (Brand: Well Naturally No Added Sugar White Chocolate)

DIRECTIONS

- 1. In a blender cup add 150g of light cream cheese, 1 egg, 1 Tsp of vanilla extract, 400g of low fat greek yoghurt, 15g of sweetener & 40g of protein powder.
- 2. Blend for 1 - 2 minutes (or until smooth) then pour the mixture into a lined cake or baking dish with baking paper.
- 3. Add 50g of fresh blueberries into the mixture & mix it around.
- 4. Bake in the oven at 200 degrees celsius for 25 - 30 minutes.
- 5. Once baked take it out & set it in the fridge for 1 hour (it might be a little bit jiggly but will harden in the fridge)
- 6. While the cake is cooling in the fridge to a pan on high heat add 150g of frozen blueberries. Mix & cook for 5 - 10 minutes so that the blueberries soften.
- 7. In a small bowl mix together 10g of cornflour with 1/2 cup of water then add it to the pan with the blueberries. Keep mixing for 5 minutes until it thickens.
- 8. Once the cake has cooled down evenly spread across the blueberry glaze, sprinkle 1 crushed biscuit around the edges & finish it off with drizzling 20g of melted white chocolate.
- 9. Leave it in the fridge for another 30 minutes then cut into 6 equal slices & enjoy!

STORE IN FRIDGE

NUTRITIONAL INFORMATION

(PER ROLL)

8 ROLLS

CALORIES: 76

CARBS: 11G

FATS: 0.3G

PROTEIN: 6G

40 MIN

LOW CALORIE BLUEBERRY CHEESECAKE ROLLS

INGREDIENTS

- 250g Self Raising Flour (Brand: Vetta Smart Self Raising Flour - or regular flour mixed with 3g of baking powder)
- 270g Plain Greek Yoghurt
- 150g Frozen Blueberries
- 20g Natural Sweetener (Brand: Natvia Gold Sweetener)
- 5g Cornflour Mixed With 1/2 Cup Water
- 40g Light Cream Cheese (Brand: Philadelphia)
- 2 Tsp Vanilla Extract

- (optional topping)
- 15g Vanilla Protein Powder (Brand: Rule1 Vanilla Creme)
- 80g Vanilla Yoghurt (Brand: YoPro)

DIRECTIONS

- 1. In a bowl add 250g of self raising flour, 270g of plain greek yoghurt & mix it together.
- 2. Using your hands knead for around 5 minutes to form a dough.
- 3. On a lightly floured surface roll the dough out using a rolling pin into a large rectangle shape.
- 4. Then to a pan on high heat add 150g of frozen blueberries, let them cook until they soften & start releasing moisture.
- 5. Add 20g of sweetener, mix it together then slowly add 5g of cornflour mixed with water while mixing. Keep adding the water in slowly & mixing until you have a thick consistency.
- 6. Leave the blueberries to the side & let them cool.
- 7. In a seperate bowl add 40g of light cream cheese & 2 Tsp of vanilla extract then mix it all together until it softens.
- 8. Gently spread the cream cheese evenly across the dough.
- 9. Spread the blueberries evenly on top of the cream cheese.
- 10. Roll the dough up & cut it into 8 even pieces.
- 11. Place them on a baking tray with baking paper & lightly press them down using your hands, this will stretch them ever so slightly to make them wider.
- 12. Bake at 180 degrees celsius for 20 - 24 minutes
- 13. While they are baking in a seperate bowl mix together 15g of protein powder & 80g of vanilla yoghurt until smooth.
- 14. Spread the sauce evenly across each roll once baked & enjoy!

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 379

CARBS: 33G

FATS: 12G

PROTEIN: 36G

5 MIN

LOW CALORIE & HIGH PROTEIN BISCOFF LAVA CAKE

INGREDIENTS

- 1 Serving Chocolate Protein Powder (Brand: Rule1 Chocolate Fudge)
- 24g Powdered Peanut Butter With Cocoa (or regular powdered peanut butter)
- 2g Baking Powder
- 100ml Unsweetened Almond Milk
- 1 Crushed Biscoff Biscuit
- 15g Biscoff Spread (melted in microwave)

DIRECTIONS

- 1. In a bowl add 1 serving of chocolate protein powder, 2g of baking powder, 24g of powdered peanut butter with cocoa & mix the dry ingredients together.
- 2. Pour 100ml of unsweetened almond milk into the bowl then mix the dry & wet ingredients together to combine.
- 3. Pour the mixture into a bowl & microwave for around 1-2 minutes.
- 4. Add 1 crushed biscoff biscuit on top then drizzle 15g of melted biscoff spread & enjoy!

NUTRITIONAL INFORMATION

(PER SERVE)

6 SERVINGS

CALORIES: 82

CARBS: 9G

FATS: 2G

PROTEIN: 7G

25 MIN

LOW CALORIE OREO DONUTS

INGREDIENTS

- 1/2 Tsp Cocoa Powder
- 1 Egg
- 90g Vanilla Yoghurt (Brand: YoPro)
- 10g Stevia (or sweetener of choice)
- 40g Oat Flour (blended oats)
- 1/2 Tsp Baking Soda
- Salt

Toppings:
- 2 Crushed Original Oreos
- 1/2 Serving Protein Powder (I used Cookies & Cream flavour but any flavour works)
- 50g Vanilla Yoghurt

DIRECTIONS

- 1. In a bowl add 1/2 tsp of cocoa powder, 1 egg, 90g of vanilla yoghurt, 10g of stevia, 40g of oat flour, 1/2 tsp of baking soda & a dash of salt. Mix well to combine.
- 2. Pour the mixture into a non stick donut baking tray (or regular donut baking tray with non stick spray)
- 3. Bake in the oven at 180 degrees celsius for 15 minutes (let the donuts cool for 5 minutes before taking them out the donut tray)
- 4. While the donuts are baking crush 2 oreos on a seperate plate
- 5. Grab another plate & add 1/2 serving of protein powder with 50g of vanilla yoghurt then mix it together. (this will be your frosting & the crushed oreos will be the topping)
- 6. One by one dip the top of each donut into the frosting then into the crushed oreos & that's it, enjoy!

NUTRITIONAL INFORMATION

(PER SERVE)

6 SERVINGS

CALORIES: 76

CARBS: 11G

FATS: 0.3G

PROTEIN: 6G

40 MIN

LOW CALORIE STRAWBERRY CHEESECAKE ROLLS

INGREDIENTS

- 110g Self Raising Flour (Brand: Vetta Smart Protein Self Raising Flour but any self raising flour works)
- 130g Plain or Flavoured Low Fat Greek Yoghurt (Brand: YoPro Plain)
- 40g Diced Strawberries
- 15g Stevia/Natural Sweetener (Brand: Natvia)
- 40g Philadelphia Light Cream Cheese

DIRECTIONS

- 1. Start by sifting 110g of self raising flour into a bowl then add 130g of low fat greek yoghurt & mix everything together with a spoon for a few minutes until combined, depending on the type of Greek yogurt you use, you may need to add a little more flour if its too sticky.
- 2. Place the dough on a lightly floured kitchen surface then knead & form into a ball.
- 3. Using a rolling pin, roll the dough out into a thin layered rectangle shape.
- 4. In a small bowl add 40g of diced strawberries & 15g of stevia, microwave it for 1 - 2 minutes taking it out every 30 seconds & mushing it with a fork until it is as smooth as possible.
- 5. Now add 40g of light cream cheese into the same bowl & mix everything together until you have a thick creamy sauce.
- 6. Roll the dough starting from the shorter side of the rectangle then cut it into 6 even pieces.
- 7. Bake in the oven at 180 degrees celsius for 20 minutes & enjoy!

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 268

CARBS: 21G

FATS: 8G

PROTEIN: 20G

5 MIN

LOW CALORIE PROTEIN BISCOFF MUG CAKE

INGREDIENTS

- 10g Oat Flour (blended oats)
- 20g Chocolate Whey Protein Powder (Brand: Rule 1 Chocolate Fudge)
- 5g Cocoa Powder
- 40ml Unsweetened Almond Milk (or your choice of milk)
- 1/2 Tsp Baking Powder
- Biscoff Spread
- 1 Crushed Biscoff Biscuit (snack sized)

DIRECTIONS

- 1. In a small mug/bowl add 10g of oat flour, 20g of chocolate protein powder, 5g of cocoa powder, 1/2 tsp of baking powder & 40ml of unsweetened almond milk.
- 2. Mix everything together with a spoon until there is no clumps.
- 3. Add 1 Tsp of biscoff spread in the middle & microwave for 45 seconds - 1 minute (keep an eye on it as all microwaves have different settings but 45 seconds is the perfect time for most microwaves, if it starts to overflow stop the microwave & let it cool before pressing continue if needed)
- 4. Take it out the microwave & set to the side, in a seperate small bowl add 1 Tsp of biscoff spread & microwave it for 30 seconds. This will be your topping.
- 5. Spread the melted biscoff on top of the mug cake & finish it off by adding 1 crushed biscoff biscuit on top, enjoy!

NUTRITIONAL INFORMATION

(PER SERVE)

4 SERVINGS

CALORIES: 145

CARBS: 11G

FATS: 4G

PROTEIN: 16G

45 MIN

LOW CALORIE & HIGH PROTEIN BAKED BERRY CHEESECAKE

INGREDIENTS

- 2 Eggs
- 1 Tsp Vanilla Extract
- 400g Low Fat Cottage Cheese
- 150g Frozen Mixed Berries (microwaved & drained)
- 15g Plain Flour (Brand: Vetta Smart Protein Plain Flour)
- Lime Zest (optional)
- 50g Stevia
- Icing Powder Classic Monkfruit Sweetener (optional topping)

DIRECTIONS

- 1. Start by preheating the oven to 160 degrees celsius.
- 2. Line the base of a pan/baking dish with baking paper & spray with non stick spray. (i used a 20cm round pan from Woolworths)
- 3. Add all the ingredients (except for the berries & icing powder) into a food processor/blender & blend until smooth.
- 4. Spoon half the mixture into the pan/baking dish, sprinkle the berries on top then add the rest of the mixture & smooth the top of the cake.
- 5. Bake in the oven for 30-35 minutes or until the cake is fully set.
- 6. Once the cake is baked allow the cake to cool for 1 hour.
- 7. After an hour slowly remove the cake from the pan, sprinkle sugar free icing powder on top, add fruit, cut & enjoy! (or whichever toppings you like)

STORE IN FRIDGE

NUTRITIONAL INFORMATION

PER SERVE (6 SERVINGS)

CALORIES: 153

CARBS: 24G

FATS: 4G

PROTEIN: 3G

40 MIN

LOW CALORIE CHERRY CRUMBLE

INGREDIENTS

- 500g Frozen Fresh Pitted Cherries (Brand: Woolworths)
- 5 Crushed Biscuits/Crackers (Brand: Mcvitie's Digestives Biscuits)
- 60g Oat Flour (blended oats)
- 50ml Sugar Free Maple Syrup (Brand: Steeves)
- 30g Stevia (Brand: Natvia - or your choice of sweetner)

DIRECTIONS

- 1. Start by defrosting the frozen cherries on your counter bench, while they're defrosting blend 60g of oats to create oat flour & crush 5 biscuits/crackers in a sandwich bag.
- 2. Preheat the oven to 200 degrees celsius.
- 3. Place 500g of pitted cherries into a bowl with 30g of stevia & mix well.
- 4. Pour the cherries into a baking dish & spread them out evenly making sure they are all still touching. (the size of my baking dish is 11cm x 7cm - make sure the dish you are using isn't too big, if the cherries are too far spread apart & not touching the dish is too big & they won't stick to each other)
- 5. In a bowl mix together 5 crushed biscuits & 50ml of sugar free maple syrup (slowly add the maple syrup while mixing making sure it does not get too sticky)
- 6. Sprinkle the crushed biscuits on top of the cherries.
- 7. Bake it in the oven at 200 degrees celsius for 20 - 30 Minutes (or until the biscuits are golden brown)
- 8. Take it out & divide it into 6 even pieces using a spatula, this can be eaten on its own or served with a low calorie ice cream such as halo top, enjoy!

NUTRITIONAL INFORMATION

(PER SERVE)

6 SERVINGS

CALORIES: 193

CARBS: 11G

FATS: 5.6G

PROTEIN: 24.5G

60+ MIN

MACRO FRIENDLY OREO CHEESECAKE

INGREDIENTS

- 150g Light Cream Cheese (Brand: Philadelphia Light 40% Less Fat)
- 400g Low Fat Greek Yoghurt (Brand YoPro Vanilla - the protein powder, chocolate sauce & oreos give it enough sweetness without needing to add additional sweeteners or flavour drops)
- 1 Egg
- 100g Low Fat Cottage Cheese
- 2 Servings Protein Powder (Brand: Muscle Nation Cookies & Cream)

Topping:
- 1 Serving Chocolate Protein Powder (Brand: Rule1 Chocolate Fudge)
- 10g Cocoa Powder
- 60ml Unsweetened Almond Milk
- 3 Crushed Oreos

DIRECTIONS

- 1. In a blender cup add 150g of light cream cheese, 400g of low fat greek yoghurt, 2 servings of cookies & cream protein powder, 1 egg, 100g of low fat cottage cheese & blend for 1 - 2 minutes until smooth.
- 2. Pour the mixture into a baking dish with baking paper (I used a 20 x 5cm round cake dish)
- 3. Bake it in the oven at 200 degrees celsius for 25 - 30 min.
- 4. Once baked set in the fridge for 1 hour to cool.
- 5. While the cake is cooling, in a small bowl add 1 serving of chocolate protein powder, 5g of cocoa powder, 60ml of unsweetened almond milk & stir gently until well combines & there is no clumps.
- 6. Once the sauce is smooth & creamy add another 5g of cocoa powder then mix again until there is no clumps. (make sure to follow the the procedure for step 5 & 6 correctly - this is important & will create a thick & creamy sauce)
- 7. Once the cake is cooled down spread the sauce evenly across the cake.
- 8. Sprinkle 3 crushed oreos around the edges of the cake.
- 9. Set in the fridge for another 30 minutes then slice into 6 even pieces & enjoy!

STORE IN FRIDGE

NUTRITIONAL INFORMATION

(PER SERVE)

6 SERVINGS

CALORIES: 126

CARBS: 13G

FATS: 6G

PROTEIN: 4G

25 MIN

LOW CALORIE NUTELLA DONUTS

INGREDIENTS

- 40g Oat Flour (blended oats)
- 1 Egg
- 100g Vanilla Yoghurt (Brand: YoPro)
- 1 Tbsp Stevia (or sweetener of choice)
- 1/2 Tsp Baking Soda
- 90g Melted Nutella (15g on each donut)
- Monkfruit Sugar Free Icing Powder (optional)

DIRECTIONS

- 1. In a bowl add 40g of oat flour, 1 egg, 100g of vanilla yoghurt, 1 tbsp of stevia, 1/2 tsp of baking soda & mix well to combine.
- 2. Pour the mixture into a non stick donut baking tray (or regular donut baking tray with non stick spray)
- 3. Bake in the oven at 180 degrees celsius for 15 minutes (let the donuts cool for 5 minutes before taking them out the donut tray)
- 4. Melt 90g of nutella in the microwave
- 5. Take the donuts out the baking tray & lightly sprinkle sugar free icing powder across the donuts (optional)
- 6. Drizzle 15g of melted nutella across each donut (6 donuts in total) & enjoy!

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 363

CARBS: 30G

FATS: 5G

PROTEIN: 46G

5 MIN

5 MINUTE HIGH PROTEIN BIRTHDAY CAKE FRUIT BOWL

INGREDIENTS

- 300g Low Fat Greek Yoghurt (Brand: YoPro Vanilla - or plain yoghurt)
- 20g Chocolate Protein Powder (Brand: Rule1 Chocolate Fudge)
- 50g Blueberries
- 50g Diced Strawberries
- 1 Fibre One Birthday Cake Bar (or any fibre 1 bar flavour)

DIRECTIONS

- 1. In a bowl add 300g of low fat greek yoghurt & 20g of chocolate protein powder then mix it together for 1 - 2 minutes until you have a smooth & creamy consistency.
- 2. Add 50g of blueberries & 50g of diced strawberries.
- 3. Use your fingers to break apart the fibre one bar into small pieces then sprinkle it on top & enjoy!

THROUGHOUT MY 60KG WEIGHT LOSS JOURNEY THIS QUICK & EASY HIGH PROTEIN SNACK WAS A STAPLE IN MY DIET THAT HELPED SATISFY MY SWEET CRAVINGS WHILE HITTING MY PROTEIN GOAL WITH MINIMAL EFFORT.

NUTRITIONAL INFORMATION

(PER SERVE)

4 SERVINGS

CALORIES: 186

CARBS: 16G

FATS: 6G

PROTEIN: 16G

45 MIN

LOW CALORIE & HIGH PROTEIN BAKED NUTELLA CAKE

INGREDIENTS

- 2 Eggs
- 1 Tsp Vanilla Extract
- 400g Low Fat Cottage Cheese
- 30g Nutella
- 15g Plain Flour (Brand: Vetta Smart Protein Plain Flour)
- 50g Stevia
- Icing Powder Classic Monkfruit Sweetener (optional topping)

DIRECTIONS

- 1. Start by preheating the oven to 160 degrees celsius.
- 2. Line the base of a pan/baking dish with baking paper & spray with non stick spray. (i used a 20cm round pan from Woolworths)
- 3. Add all the ingredients (except for the nutella & icing powder) into a food processor/blender & blend until smooth.
- 4. Spoon half the mixture into the pan/baking dish,drizzle 15g of nutella on top then add the rest of the mixture.
- 5. Using a butter knife/fork swirl it through the mixture.
- 6. Bake in the oven for 30-35 minutes or until the cake is fully set.
- 7. Once the cake is baked allow the cake to cool for 1 hour.
- 8. After an hour slowly remove the cake from the pan, sprinkle sugar free icing powder on top & enjoy!

STORE IN FRIDGE

NUTRITIONAL INFORMATION

(PER SERVE)

6 SERVINGS

CALORIES: 83

CARBS: 9G

FATS: 3G

PROTEIN: 6G

40 MIN

LOW CALORIE DOUBLE CHOCOLATE M&M DONUTS

INGREDIENTS

- 40g Oat Flour (blended oats)
- 1 Egg
- 5g Cocoa Powder
- Salt
- 10g Stevia (or your choice of sweetener)
- 1 Tsp Vanilla Extract
- 100g Low Fat Greek Yoghurt (Brand: YoPro Vanilla)
- 2g Baking Powder

Topping:

- 10g Cocoa Powder
- 10g Chocolate Protein Powder (Brand: Rule1 Chocolate Fudge)
- Water
- 25g Mini Chocolate M&M's

DIRECTIONS

- 1. In a bowl add 40g of oat flour, 1 egg, 5g of cocoa powder, a dash of salt, 10g of stevia, 1 tsp of vanilla extract, 100g of low fat greek yoghurt, 2g of baking powder & mix everything together.
- 2. Pour the mixture evenly into a non stick donut baking tray (I used a 6 cup non stick donut baking tray - if using a regular donut baking tray lightly spray with cooking oil spray to avoid sticking)
- 3. Bake it in the oven at 180 degrees celsius for 15 minutes.
- 4. While the donuts are baking in a small bowl add 10g of cocoa powder, 10g of chocolate protein powder & slowly add water while mixing until you have a thick consistency.
- 5. Let the donuts cook for 5 minutes before taking them out then spread the sauce from step 4 evenly across the top of each donut.
- 6. Evenly distribute 25g of mini chocolate m&m's on top of all the donuts & enjoy!

STORE IN FRIDGE

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 214

CARBS: 13G

FATS: 6G

PROTEIN: 28G

5 MIN

LOW CALORIE STRAWBERRY & WHITE CHOCOLATE PROTEIN MUG-CAKE

INGREDIENTS

- 30ml Unsweetened Almond Milk
- 20g Vanilla Protein Powder (or flavlour of choice)
- 15g Oat Flour (blended oats)
- 1/2 Tsp Baking Powder
- 2 Tbsp Sugar Free Maple Syrup
- 1 Tsp Brown Sugar Stevia (or any sweetener)
- 10g Diced Strawberries

Toppings:

- 1 Serving No Added Sugar White Chocolate
- 10g Diced Strawberries
- 3g Brown Sugar Stevia (optional)

DIRECTIONS

- 1. In a small bowl/mug add 30ml of unsweetened almond milk, 20g of vanilla protein powder, 15g of oat flour, 1/2 tsp of baking powder, 2 tbsp of sugar free maple syrup, 1 tsp of brown sugar stevia, 10g of diced strawberries & mix together.
- 2. Place 1 serving of no added sugar white chocolate in the middle of the mug & microwave for 45 seconds - 1 minute.
- 3. Once cooked add 10g of diced strawberries on top, 3g of brown sugar stevia (optional) & enjoy!

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 449

CARBS: 45G

FATS: 3G

PROTEIN: 60G

5 MIN

QUICK & EASY HIGH PROTEIN CEREAL FRUIT BOWL

INGREDIENTS

- 250g Protein Yoghurt (i used strawberry flavour by YoPro)
- 45g Milo Protein Cereal (or any protein cereal)
- 1 Serving Protein Powder (i used vanilla creme by "Rule1")
- 30g Blueberries
- 50g Chopped Strawberries

DIRECTIONS

- 1. In a bowl add 250g of protein yoghurt and 1 serving of protein powder then mix together.
- 2. Add 30g of blueberries, 50g of chopped strawberries & finish off by adding 45g of milo protein cereal.

THIS QUICK HIGH PROTEIN SNACK IS SO SIMPLE TO MAKE YET SO EFFECTIVE FOR ANYONE IN A RUSH THAT NEEDS TO GET A HIGH AMOUNT OF PROTEIN IN WITHOUT COOKING OR BAKING ANYTHING! THE GREAT THING IS IT'S SO EASILY CUSTOMISABLE TO YOUR LIKING WHEN IT COMES TO THE TOPPINGS & FLAVOURS.

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 340

CARBS: 48G

FATS: 7G

PROTEIN: 24G

10 MIN

LOW CALORIE PB & J TOASTED SANDWICH

INGREDIENTS

- 4 Slices "Country Split" Bread (or any low calorie bread of choice)
- 2 Servings (24g) "Marmadukes" Powdered Peanut Butter (or any brand of powdered peanut butter)
- 2 Tbsp Sugar Free Maple Syrup
- 60g 95% Less Sugar Strawberry Fruit Spread (Natvia)

QUICK TIP
When toasting the sandwich an oven is optional, you can use an air fryer too!

DIRECTIONS

- 1. In a small cup add 2 servings of powdered peanut butter & 2 Tbsp of sugar free maple syrup then mix it together with a spoon until it is a thick consistency similar to peanut butter. (add the sugar free maple syrup slowly while mixing to create your desired texture)
- 2. Once you have made the mixture spread 1/2 of the powdered peanut butter spread onto one slice of bread & then spread 30g of 95% less sugar strawberry fruit spread on top.
- 3. Repeat the process on step 2 for the other slice of bread. (2 slices with powdered peanut butter mixture & fruit spread and the other 2 slices without anything)
- 4. Place each slice of bread together to form a sandwich.
- 5. Bake in the oven/air fryer at 200 degrees celcius for 5 minutes & enjoy!

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 391
CARBS: 29G
FATS: 11G
PROTEIN: 42G

5 MIN

LOW CALORIE & HIGH PROTEIN CHOCOLATE LAVA CAKE

INGREDIENTS

- 10g Cocoa Powder
- 25g Powdered Peanut Butter (PB2)
- 3g Baking Powder
- 1 Serving Chocolate Protein Powder (i used the brand "Rule1")
- 100ml Unsweetened Almond Milk

Topping: (optional & customisable)

- 1/2 Serving Powdered Peanut Butter Mixed With Water
- 1 Serving Halo Top Plant Based Caramel Choc Pretzel Ice Cream

DIRECTIONS

- 1. In a bowl add 10g of cocoa powder, 25g of powdered peanut butter, 3g of baking powder & 1 serving of chocolate protein powder.
- 2. Mix the dry ingredients together with a fork then add 100ml of unsweetened almond milk & mix again for 20 seconds.
- 3. Pour the mixture into a smaller oven safe bowl/dish & microwave for 1 minute. (or 1:30 if it is still too liquidy)
- 4. Mix 1/2 serving of powdered peanut butter with a few drops of water & keep mixing and adding water slowly until you have a peanut butter like texture.
- 5. Add 1 serving of Halo Top ice cream & the powdered peanut butter mixture as the topping. (toppings are optional & customisable to your liking)

MACROS WITHOUT TOPPINGS:
269 CAL | 39gP | 29gC | 6gF

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 301

CARBS: 65G

FATS: 1G

PROTEIN: 15G

5 MIN

LOW CALORIE SOUR CANDY GRAPES

INGREDIENTS

- 350g Washed Grated (you can use any amount you like)
- 2 Packets Sugar Free/Lite Jelly (you can use any flavour, I used Raspberry)
- 3 Tbsp Lime Juice (you can add more or less depending on how sour you would like them)

DIRECTIONS

- 1. Start by washing 350g of grapes & adding them into a bowl.
- 2. Add 3 Tbsp of lime juice into the bowl & mix it together.
- 3. Sprinkle 1 packet of sugar free jelly powder onto the grapes & mix them again to coat all the grapes evenly.
- 4. Sprinkle the other packet on top of the grapes. (1 box comes with 2 packets)
- 5. Place in the freezer for around 1 hour & enjoy! These sour candy grapes are a great alternative to regular sour candy.

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 138

CARBS: 4G

FATS: 2G

PROTEIN: 26G

5 MIN

QUICK & EASY HIGH PROTEIN ICED COFFEE

INGREDIENTS

- 1.5 Tbsp Nescafé Gold Instant Coffee (Or your choice of coffee powder)
- 1 Serving Protein Powder (your choice of flavour & brand. I use "Rule1" Salted Caramel or Chocolate Fudge)
- 2 Tbsp Natvia Gold Sweetener (brown sugar alternative & optional for a sweeter taste)
- 100ml Unsweetened Almond Milk
- Water
- 1 Cup Ice

DIRECTIONS

- 1. First start by boiling a jug of water.
- 2. While the water is boiling add 1 serving of protein powder to a protein shaker bottle. (or if you don't have a shaker you can use a normal cup)
- 3. Pour 100ml of unsweetened almond milk (or your choice of milk) into the shaker bottle.
- 4. Shake the bottle to create a protein shake & set it aside for now. (mix with a spoon if using a normal cup, but make sure to mix well so there is no clumps)
- 5. By now the water should be hot & ready. Grab the main coffee cup & add 1.5 Tbsp of instant coffee.
- 6. Pour boiling water into the coffee cup till it reaches about 1/3 of the cup & mix well with a spoon.
- 7. Add 1 cup of ice to the coffee.
- 8. Pour the protein shake you mixed earlier into the coffee cup.
- 9. Add 2 Tbsp of Natvia gold sweetener. (Optional for the ones that love sweetness)
- 10. Add your choice of toppings or drink as it is. This is a quick way to get your energy in for the day AND your protein all at once!

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 444

CARBS: 33G

FATS: 10G

PROTEIN: 53G

30 MIN

LOW CALORIE & HIGH PROTEIN STRAWBERRY CAKE

INGREDIENTS

- 40g Oat Flour (blended oats)
- 100ml Unsweetened Almond Milk (or milk of choice)
- 1 Serving Protein Powder (i used Vanilla Creme by "Rule1")
- 10g Natural Sweetener (stevia, or sweetener of choice)
- 1/2 Tsp Baking Powder
- 110g Egg Whites (or 2 large eggs but macros will vary)
- 5ml Olive Oil (stops the cake from being dry & keeps it moist)

Strawberry Sauce:
- 50g Sliced Strawberries
- 5g Natural Sweetener/Stevia
- 100g YoPro Vanilla Protein Yoghurt (or yoghurt of choice)

Toppings:
- 30g Sliced Strawberries

DIRECTIONS

- 1. Preheat the oven to 200 degrees celsius.
- 2. In a bowl add 40g of oat flour, 100ml of unsweetened almond milk, 1 serving of protein powder, 10g of natural sweetener/stevia, 1/2 tsp of baking powder, 110g of egg whites & 5ml of olive oil.
- 3. Mix everything together & pour the mixture into a non stick oven baking dish. (or regular baking dish with baking paper)
- 4. Bake in the oven at 200 degrees celsius for 15 minutes.
- 5. While the caking is baking, in a separate bowl add 50g of strawberries & 5g of natural sweetener/stevia.
- 6. Microwave the bowl of strawberries for 1 minute, take it out & mix it around with a fork then put it back in the microwave for another 45 seconds - 1 minute.
- 7. Add 100g of vanilla protein yoghurt to the bowl of microwaved strawberries & mix well. (this will create the sauce on top of the cake)
- 8. Take the cake out the oven & let it cool for 5 minutes then pour the strawberry sauce on top.
- 9. Add 30g of sliced strawberries as the topping & that's it, enjoy! (can be stored in fridge)

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 334

CARBS: 38G

FATS: 5G

PROTEIN: 32G

5 MIN

LOW CALORIE & HIGH PROTEIN OATS

INGREDIENTS

- 30ml Unsweetened Almond Milk
- 40g Blueberries
- 60g Chopped Strawberries
- 50g Uncle Tobys Oats
- 1 Serving Vanilla Protein Powder (i used "Rule1")
- 10g Natvia Brown Sugar Stevia
- Water

DIRECTIONS

- 1. In a bowl add 50g of oats & pour water into the bowl until the oats are covered. (the key to having the best consistency for the protein oats is to make sure you do not overfill the bowl with too much water, fill until the water is leveled with the oats)
- 2. Microwave the oats for 2 minutes.
- 3. Once the oats are ready take the bowl out & let it cool for 1 minute.
- 4. Add 30ml of unsweetened almond milk to the bowl.
- 5. Add 1 serving of protein powder. (Rule1 Vanilla Creme is my favourite for oats)
- 6. Mix the protein powder & oats gently with a spoon until combined.
- 7. Sprinkle 10g of Natvia brown sugar stevia on top. (makes it extra sweet & only 0.5 calories per serving)
- 8. Add 60g of chopped strawberries, 40g of fresh blueberries & enjoy!

THIS RECIPE IS EASILY CUSTOMISABLE BY ADDING/SWAPPING DIFFERENT FRUITS TO SUIT YOUR LIKING!

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 191

CARBS: 11G

FATS: 6G

PROTEIN: 22G

5 MIN

LOW CALORIE PROTEIN CHOCOLATE MUG-CAKE

INGREDIENTS

- 20g Vanilla Protein Powder (or any flavour you like, I used the brand "Rule1")
- 10g Oat Flour
- 5g Cocoa Powder
- 40ml Unsweetened Almond Milk
- 1 Serving No Added Sugar Dark Chocolate/Milk Chocolate (Brand: Well Naturally)
- 1/2 tsp Baking Powder
- 2 Tbsp Sugar Free Maple Syrup

(Optional Topping)

- 4g Powdered Peanut Butter mixed with 1 tsp water.

DIRECTIONS

- 1. In a mug/bowl add 10g of oat flour (blended oats) followed by 20g of protein powder, 5g of cocoa powder, 1/2 tsp of baking powder, 2 Tbsp of sugar free maple syrup, 40ml of unsweetened almond milk & mix it all together until there is no clumps.
- 2. Now add 1 serving of no added sugar dark chocolate in the middle of the mixture & microwave for 45 seconds. (keep an eye on it as all microwaves have different settings but 45 seconds is the perfect time for most microwaves, if it starts to overflow stop the microwave & let it cool before pressing continue if needed)
- 3. Mix 4g of PB2 (powdered peanut butter) with about 1 tsp of water or until desired texture, if you like peanut butter more runny use more & slowly keep adding water while mixing (powdered peanut butter is an optional topping)
- 4. Pour the PB2 on top of the mug-cake & enjoy! The middle will be filled with melted chocolate. This is the perfect recipe for someone craving a quick sweet tooth snack.

NUTRITIONAL INFORMATION

PER SERVE
(9 SERVINGS)
CALORIES: 103
CARBS: 8G
FATS: 4G
PROTEIN: 7G

10 MIN

LOW CALORIE BISCOFF PROTEIN BALLS

INGREDIENTS

- 60g Oat Flour (Blended Oats)
- 2 Servings Vanilla Protein Powder (Or any flavour)
- 80g Lotus Biscoff Spread
- 20ml Unsweetened Almond Milk

(Optional) Toppings:

- 1 Serving Melted No Added Sugar Dark Chocolate
- Sprinkle Of Oat Flour

DIRECTIONS

- 1. In a big bowl add 60g of oat flour, 2 servings of vanilla protein powder, 80g of biscoff spread, 20ml of unsweetened almond milk & mix together until thick. (add more milk if needed slowly)
- 2. Roll the mixture with your hands into 9 smaller balls (30g each ball)
- 3. Place each ball onto a board, big plate or large surface that can fit in the freezer.
- 4. Melt & drizzle 1 serving of no added sugar dark chocolate & a dash of oat flour across the balls. (toppings are optional & customisable)
- 5. Freeze for 1-2 hours & enjoy! (store in fridge or freezer)

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 365

CARBS: 30G

FATS: 11G

PROTEIN: 34G

30 MIN

LOW CALORIE MINI CHOCOLATE PROTEIN CAKE

INGREDIENTS

- 12g Cocoa Powder
- 30g Oat Flour (Blended oats)
- 60ml Unsweetened Almond Milk
- 20g Natural Sweetener (Natvia)
- Salt
- 2g Baking Powder
- 63g Egg Whites
- 5ml Olive Oil
- 2ml Salted Caramel Flavour Drops (Optional)
- 15g Sprinkles (Optional)

(Optional) Protein Icing:

- 1 Serving Chocolate Protein Powder (Rule 1 Chocolate Fudge)
- 100g Vanilla Protein Yoghurt (YoPro)

DIRECTIONS

- 1. In a bowl add all the dry ingredients. 30g of oat flour (blended oats), 12g of cocoa powder, 20g of natural sweetener (stevia), 2g of baking powder & a dash of salt.
- 2. Mix together the dry ingredients.
- 3. Now add the wet ingredients to the bowl. 63g of egg whites, 60ml of unsweetened almond milk, 5ml of olive oil & a drop of salted caramel flavour drops (optional)
- 4. Mix everything together until there is no clumps.
- 5. Pour the mixture into a on stick baking dish (baking paper is optional) or if using a normal dish spray with non stick spray beforehand.
- 6. Bake in the oven at 200 degrees celcius for 20 minutes.
- 7. To make the protein icing, in a bowl mix together 100g of vanilla protein yoghurt (YoPro) & 1/2 serving of chocolate protein powder.
- 8. Let the cake cool then spread the protein icing on top, add 15g of sprinkles & enjoy! (can be stored in fridge)

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 326

CARBS: 27G

FATS: 1G

PROTEIN: 53G

15 MIN

LOW CALORIE & HIGH PROTEIN PANCAKES

INGREDIENTS

- 80g Banana
- 5g Baking Powder
- 130g Egg Whites (or 3 regular eggs but macros will vary)
- 1 Serving Vanilla Protein Powder (or flavour of choice)
- 1/2 Tsp Vanilla Extract
- 1 Tsp Cinnamon

Toppings:

- 1 Tbsp Light Whipped Cream
- 1/2 Serving Chocolate Protein Powder (or flavour of choice)
- 15g Blueberries
- 15ml Unsweetened Almond Milk (water can be substituted or milk of choice)

DIRECTIONS

- 1. In a blender cup add 80g of banana, 5g of baking powder, 130g of egg whites, 1 serving of vanilla protein powder, 1 tsp of cinnamon & 1/2 tsp of vanilla extract then blend for 1 minute.
- 2. In a small separate small bowl mix together 1/2 a serving of chocolate protein powder, 15ml of unsweetened almond milk & mix together with a fork to create a sweet protein sauce! (add the almond milk slowly while mixing to get the perfect texture, add more milk if needed)
- 3. Now it's time to cook the pancakes! Place a non stick pan on the stove on medium heat & pour the pancake mixture slowly into the pan once hot. You can either create big pancakes or smaller ones like i have in the picture above, the choice is yours!
- 4. Cook the pancakes for 1 - 2 minutes on each side & once all the pancakes are done it's time to add the toppings.
- 5. Add 1 Tbsp of light whipped cream & 15g of blueberries on top then finish off by drizzling the protein sauce all over the pancakes (protein sauce from step 2) & enjoy!

HAVING 2 DIFFERENT PROTEIN POWDER FLAVOURS ISN'T NECESSARY IF YOU DON'T HAVE MORE THAN 1 OPTION, THE CHOICE IS TOTALLY UP TO YOU & WHAT YOU HAVE AVAILABLE. YOU CAN EITHER USE 1 FLAVOUR FOR THE PANCAKES & THE PROTEIN SAUCE OR SWITCH IT UP AND USE 2 DIFFERENT FLAVOURS IF AVAILABLE.

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 355

CARBS: 50G

FATS: 3G

PROTEIN: 32G

2 MIN

3 INGREDIENT LOW CALORIE & HIGH PROTEIN CEREAL BOWL

INGREDIENTS

- 200g Vanilla Protein Yoghurt (YoPro)
- 50g Milo Protein Cereal
- 80g Blueberries

DIRECTIONS

- 1. Add 200g of vanilla protein yoghurt to a bowl. (or any flavour of choice)
- 2. Add 50g of Milo protein cereal, 80g of blueberries & that's it! Enjoy!

THIS IS ONE OF MY FAVOURITE LOW CALORIE & HIGH PROTEIN SNACKS THAT ONLY NEEDS 3 INGREDIENTS & IS SO QUICK TO MAKE.. BUT MOST IMPORTANTLY TASTES DELICIOUS & IS AN EASY WAY TO GET IN A HIGH AMOUNT OF PROTEIN FOR ANYONE THAT'S IN A RUSH! THE GREAT THING ABOUT THIS SNACK IDEA IS IT'S SO EASILY CUSTOMISABLE TO YOUR OWN LIKING AS WELL.. IF PROTEIN YOGHURT IN PARTICULAR ISN'T AVAILABLE NEAR YOU, YOU CAN USE LOW FAT GREEK YOGHURT AS IT'S ALSO HIGH IN PROTEIN.. CHOICE OF FRUIT IS TOTALLY UP TO YOU & YOUR TASTE BUDS! MOST FRUITS ARE LOW IN CALORIES & HIGH IN VOLUME. MILO ISN'T THE ONLY BRAND THAT HAS HIGH PROTEIN VERSIONS OF CEREAL EITHER, SOME OTHER EXAMPLES OF CEREALS THAT HAVE HIGH PROTEIN VERSIONS ARE:

NUTRIGRAIN, WEETBIX & SPECIAL K

LOW CALORIE & HIGH PROTEIN CHOCOLATE CREPES

NUTRITIONAL INFORMATION

TOTAL
(3 CREPES)

CALORIES: 397
CARBS: 37G
FATS: 10G
PROTEIN: 38G

15 MIN

INGREDIENTS

- 50g Oat Flour (Blended Oats)
- 10g Vanilla Protein Powder (or flavour of choice)
- 80ml Unsweetened Almond Milk (or milk of choice)
- 80ml Water
- 1 Egg

Topping:

- 100g YoPro Vanilla Protein Yoghurt (or yoghurt of choice)
- 10g Chocolate Protein Powder (or flavour of choice)
- 1/2 Tsp Cinnamon
- (Optional) 1 Tbsp No Added Sugar Chocolate Sauce (Brand: Natvia)

DIRECTIONS

- 1. Start by blending 50g of oats in a blender. (this will create oat flour)
- 2. Once blended add 10g of vanilla protein powder, 80ml of unsweetened almond milk, 80ml of water, 1 egg & blend again for 1 minute.
- 3. Now it's time to cook the crepes! Using a non stick pan with the stove on medium heat pour the crepe mixture in slowly & fill the pan all the way to the edges, make sure the crepe mixture layer is thin & not too thick like pancakes. (3 crepes in total)
- 4. Cook for 3 - 5 minutes on each side, as these are crepes they will cook much faster compared to pancakes since they are thinner.
- 5. In a small bowl mix together 100g of vanilla protein yoghurt & 10g of chocolate protein powder, mix well with a fork to create a protein filling sauce.
- 6. Fold each crepe in half & spread 35g of the chocolate protein filling sauce across each crepe.
- 7. Fold over each crepe again so that the protein chocolate filling sauce is in the middle.
- 8. For the toppings sprinkle 1/2 tsp of cinnamon & 1 Tbsp of no added sugar chocolate sauce across all 3 crepes & enjoy! (toppings are optional & customisable to your liking)

**THIS RECIPE MAKES 3 CREPES (DEPENDING ON PAN SIZE)
YOU CAN MAKE THE CREPES WHATEVER SIZE YOU'D LIKE WHETHER YOU WANT MULTIPLE SMALLER ONES OR ONE BIG ONE!
(MACROS INCLUDE TOPPINGS)**

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 335

CARBS: 60G

FATS: 4G

PROTEIN: 14G

5 MIN

EASY & HEALTHY PRE WORKOUT SNACK IDEA

INGREDIENTS

- 1 Low Calorie Wrap/Tortilla (i used Mission's Low Gi Protein Wrap)
- 1 Banana
- 1 Serving Powdered Peanut Butter (13g)
- 2 Tbsp Sugar Free Maple Syrup
- (Optional) 1 Tsp Brown Sugar Stevia or Cinnamon

DIRECTIONS

- 1. In a small bowl mix together 1 serving (13g) of powdered peanut butter & 2 Tbsp of sugar free maple syrup. (slowly add the sugar free maple syrup while mixing until you have the perfect peanut butter like texture)
- 2. Spread the powdered peanut butter mixture evenly across the wrap/tortilla.
- 3. Place 1 banana on top of the wrap/tortilla at the edge closest to you so that you are able to roll it.
- 4. Sprinkle 1 tsp of brown sugar stevia or cinnamon on top. (optional)
- 5. Roll the wrap/tortilla & cut into slices like shown in the picture above.
- 6. Cook on a non stick pan with the stove on low heat for 1 minute on each side of the slices & enjoy!

HAVING ENERGY FOR YOUR WORKOUT IS IMPORTANT! ALL THE INGREDIENTS USED IN THIS RECIPE ARE PERFECT FOR A QUICK & EASY HEALTHY PRE WORKOUT SNACK TO GIVE YOU THE ENERGY & PUMP YOU NEED.

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 305

CARBS: 21G

FATS: 9G

PROTEIN: 35G

5 MIN

LOW CALORIE KIT KAT PROTEIN SHAKE

INGREDIENTS

- 120ml Unsweetened Almond Milk
- 1 Serving Chocolate Protein Powder (Brand: Rule1 Chocolate Fudge)
- 5g PB2 Peanut Butter With Cocoa Powder (or regular powdered peanut butter/cocoa powder)
- 1 Serving Kit Kat (1 row)
- 60g Low Fat Greek Yoghurt (Brand: YoPro Vanilla - regular or flavoured works)
- 1/2 Tsp Xanthan Gum (optional but makes it thicker)
- 1 Cup Ice

Topping: (optional)

- 1 Serving Sugar Free Chocolate Sauce (Brand: Callowfit)
- 1/2 Tbsp Light Whipped Cream (Brand: Woolworths)
- 1/2 Serving Kit Kat (crushed)

DIRECTIONS

- 1. In a blender cup add 120ml unsweetened almond milk, 1 serving of chocolate protein powder, 5g of PB2 with cocoa, 1 serving of kit kat, 60g of low fat greek yoghurt, 1/2 tsp of xanthan gum & 1 cup of ice.
- 2. Blend everything together for around 2 minutes with 30 second intervals (add more milk or ice if needed)
- 3. Pour the protein shake into a cup & add 1 Tbsp of light whipped cream, 1 serving of sugar free chocolate sauce & 1/2 serving of crushed kit kat, Enjoy!

NUTRITIONAL INFORMATION

TOTAL
CALORIES: 271
CARBS: 6G
FATS: 1G
PROTEIN: 56G

20 MIN

MASSIVE HIGH PROTEIN PANCAKE

INGREDIENTS

- 150g Egg Whites
- 1.5 Servings Protein Powder (any flavour, i used Cinnamon Churros by Muscle Nation)
- 2 Tsp Stevia (Natural Sweetener)
- 1/2 Tsp Baking Powder

Topping: (Optional)

- 30g Sugar Free Chocolate Sauce (Natvia)
- 1 Tsp Cinnamon

DIRECTIONS

- 1. In a blender cup add 150g of egg whites, 1.5 servings of protein powder, 2 tsp of stevia, 1/2 tsp of baking powder & blend everything together.
- 3. Turn the stove on high heat & place the pancake mixture into a non stick pan.
- 4. Cook for around 6 - 7 minutes on each side.
- 5. Add 30g of sugar free chocolate sauce & 1 tsp of cinnamon over the pancake & enjoy! (toppings are optional & customisable to your liking)

NUTRITIONAL INFORMATION

PER SERVE
(4 SERVINGS)
CALORIES: 145
CARBS: 23G
FATS: 3G
PROTEIN: 3G

45 MIN

LOW CALORIE BERRY CRUMBLE

INGREDIENTS

- 400g No Added Sugar Mixed Berries (Coles)
- 20g Brown Sugar Stevia (or any artificial sweetener, i used the brand Natvia)
- 2 Tbsp Sugar Free Maple Syrup
- 50g Oats
- 40g Crushed Sugar Free Digestive Biscuits (or any digestive biscuit, i used the brand Gullón from woolworths)
- 1 Tbsp Cinnamon

DIRECTIONS

- 1. In a small microwaveable bowl add 400g of mixed berries & microwave for 2 minutes.
- 2. Preheat the oven to 200 degrees celsius.
- 3. Once the berries are microwaved add 20g of brown sugar stevia, 2 Tbsp of sugar free maple syrup & mix gently with a spoon to combine.
- 4. Pour the berries into a oven safe baking dish & sprinkle 50g of oats, 40g of crushed digestive biscuits & 1 Tbsp of cinnamon on top.
- 5. Bake in the oven at 180 degrees celsius for 20 - 30 minutes or until the top is golden brown & crunchy.
- 6. Serve with your favourite ice cream or toppings & enjoy! (store in fridge)

NUTRITIONAL INFORMATION

PER SERVE
(4 SERVINGS)
CALORIES: 149
CARBS: 22G
FATS: 2G
PROTEIN: 11G

5 MIN

LOW CALORIE PROTEIN RICE CRISPY BARS

INGREDIENTS

- 100g Rice Puffs (Coles)
- 100g YoPro Vanilla Protein Yoghurt (can be substituted for greek yoghurt)
- 1 Tbsp Sugar Free Maple Syrup
- 1 Serving Vanilla Protein Powder (or flavour of choice)

Topping: (Optional)

- 1 Serving (13g) Melted No Added Sugar Milk Chocolate

DIRECTIONS

- 1. In a bowl add 100g of rice puffs, 100g of vanilla protein yoghurt, 1 Tbsp of sugar free maple syrup & 1 serving of vanilla protein powder.
- 2. Mix together with a large spoon/wooden spatula then add to a baking dish/tray with baking paper underneath.
- 3. Press down on the rice puff mixture firmly & flatten the top so that everything is compact.
- 4. Freeze for 1 - 2 hours.
- 5. After 1 - 2 hours take it out the freezer & drizzle 1 serving of melted no added sugar milk chocolate across the rice puff mixture. (topping is optional)
- 6. Cut into 4 even bars & enjoy! (store in freezer)

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 291

CARBS: 28G

FATS: 6G

PROTEIN: 28G

5 MIN

LOW CALORIE STRAWBERRY CHEESECAKE OATS

INGREDIENTS

- 30g Oats
- 25g Casein Custard (i used white chocolate casein custard by Muscle Nation but it can be substituted for any flavour or regular protein powder)
- 50ml Unsweetened Almond Milk (or milk of choice)
- 100g YoPro Vanilla Protein Yoghurt (or yoghurt of choice)
- 20g Low Sugar Fruit Spread (i used the Natvia 95% less sugar strawberry fruit spread)
- 20g Chopped Strawberries

DIRECTIONS

- 1. In a bowl/container add 30g of oats, 25g of casein custard & 50ml of unsweetened almond milk then mix together with a spoon.
- 2. Smooth over the oats with the bottom of a spoon to flatten the top nice & evenly.
- 3. In a separate bowl add 100g of vanilla protein yoghurt, 20g of strawberry fruit spread & mix together.
- 4. Spread the yoghurt & strawberry mixture evenly on top of the oats.
- 5. Add 20g of chopped strawberries on top & refrigerate for 1 - 2 hours. After about 1 - 2 hours the mixture should be firm, enjoy! (store in fridge)

IF YOU DON'T HAVE ANY LOW CALORIE STRAWBERRY FRUIT SPREAD AVAILABLE NEAR YOU, THIS IS HOW YOU CAN MAKE YOUR OWN.

- IN A BOWL ADD 50G CHOPPED STRAWBERRIES & 20G NATURAL SWEETENER (STEVIA)
- MICROWAVE FOR 2-3 MINUTES (TAKE OUT & MIX EVERY 30 SECONDS UNTIL YOU HAVE A SAUCE TEXTURE)

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 299

CARBS: 17G

FATS: 7G

PROTEIN: 35G

5 MIN

LOW CALORIE CHOCOLATE PEANUT BUTTER PROTEIN SHAKE

INGREDIENTS

- 120ml Unsweetened Almond Milk
- 1 Serving Caramel Powder (Brand: Rule1 Salted Caramel - vanilla or chocolate will work too)
- 13g PB2 Peanut Butter With Cocoa Powder (or regular powdered peanut butter/cocoa powder)
- 1 Tbsp Sugar Free Maple Syrup (Brand: Steeves)
- 1/2 Tsp Xanthan Gum (optional, makes it thicker but you can use more ice instead)
- 1 Cup Ice

Topping: (optional)

- 10g PB2 Peanut Butter With Cocoa
- Water
- 1 Serving Sugar Free Chocolate Sauce (Brand: Callowfit)
- 10g Crushed Chocolate Covered Peanuts (Brand: Coles)
- 1.5 Tbsp Light Whipped Cream (Brand: Woolworths)

DIRECTIONS

- 1. In a blender cup add 120ml of unsweetened almond milk, 1 serving of caramel protein powder, 13g of PB2 peanut butter with cocoa, 1 Tbsp of sugar free maple syrup, 1/2 tsp of xanthan gum & 1 cup of ice.
- 2. Blend everything together for around 2 minutes with 30 second intervals.
- 3. In a small bowl add 10g of PB2 peanut butter with cocoa & slowly add water while mixing to create the sauce.
- 4. Drizzle 1 serving of sugar free chocolate sauce around a cup then pour the shake inside & top it off with 1.5 Tbsp of light whipped cream, the PB2 sauce from step 3 & 10g of crushed chocolate covered peanuts & enjoy!

NUTRITIONAL INFORMATION

TOTAL

CALORIES: 120

CARBS: 27G

FATS: 2G

PROTEIN: 1G

35 MIN

LOW CALORIE MINI APPLE CRUMBLE

INGREDIENTS

- 100g Apple (small)
- 1 Tbsp Natural Sweetener (stevia)
- 1 Tsp Cinnamon
- 1 Tbsp Sugar Free Maple Syrup
- 1 Arnott's Biscuit (any brand biscuits will work)
- 2g Oats (optional)

QUICK TIP
My personal preference is serving this with a side of low calorie ice cream (example: halo top)

DIRECTIONS

- 1. Preheat the oven to 200 degrees celsius.
- 2. Slice an apple into small cubes & remove the core.
- 3. Place the cubed apple pieces into a bowl then add 1 Tbsp of natural sweetener (stevia), 1 tsp of cinnamon & 1 Tbsp of sugar free maple syrup.
- 4. Mix everything together so that all of the apple pieces are covered completely.
- 5. Pour the apple pieces into a small oven safe baking dish.
- 6. Crush 1 Arnott's biscuit (or any biscuit) & sprinkle it on top of the apples pieces.
- 7. Sprinkle 2g of oats on top for extra crunch (optional)
- 8. Bake in the oven at 180 degrees celsius for 30 minutes & enjoy!

NOTE: AS MENTIONED THIS IS A MINI APPLE CRUMBLE RECIPE (1 SERVING), IT IS BEST TO USE A OVEN SAFE BAKING DISH AS SMALL AS POSSIBLE (THE ONE I USED IS ABOUT THE SIZE OF MY PALM)

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NUTRITIONAL INFORMATION

TOTAL

CALORIES: 149

CARBS: 29G

FATS: 2G

SUGAR: 24G

5 MIN

MASSIVE LOW CALORIE BLUEBERRY SORBET

INGREDIENTS

- 250g Frozen Blueberries
- 200ml Water
- 20g Natural Sweetener (stevia)
- 2-3 Cups Of Ice

DIRECTIONS

- 1. Weigh 250g of frozen blueberries & add them to a blender cup.
- 2. Pour 200ml of water into the blender cup.
- 3. Add 20g of natural sweetener (stevia) to the blender cup. (the brand "Natvia" has a natural sweetener that only has 0.4 calories per serving, if you would like the sorbet even sweeter you can use more or less all depending on your liking)
- 4. Add 2-3 cups of ice to the blender cup. (for bigger ice cubes use 2 cups of ice)
- 5. Blend for 1-2 minutes & enjoy! This makes up to 1 Litre! Perfect for a hot summer day.

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BONUS GUIDE

Fill in your details on this website to learn your Total Daily Energy Expenditure, a measure of how many calories you burn per day. This calorie calculator will also display your BMI, BMR, Macros & many other useful statistics!

https://tdeecalculator.net/

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THANK YOU!

Once again i would like to say thank you for purchasing my cookbook!

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